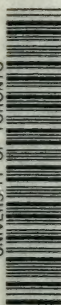


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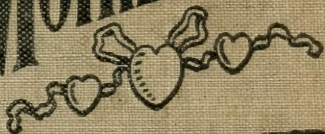


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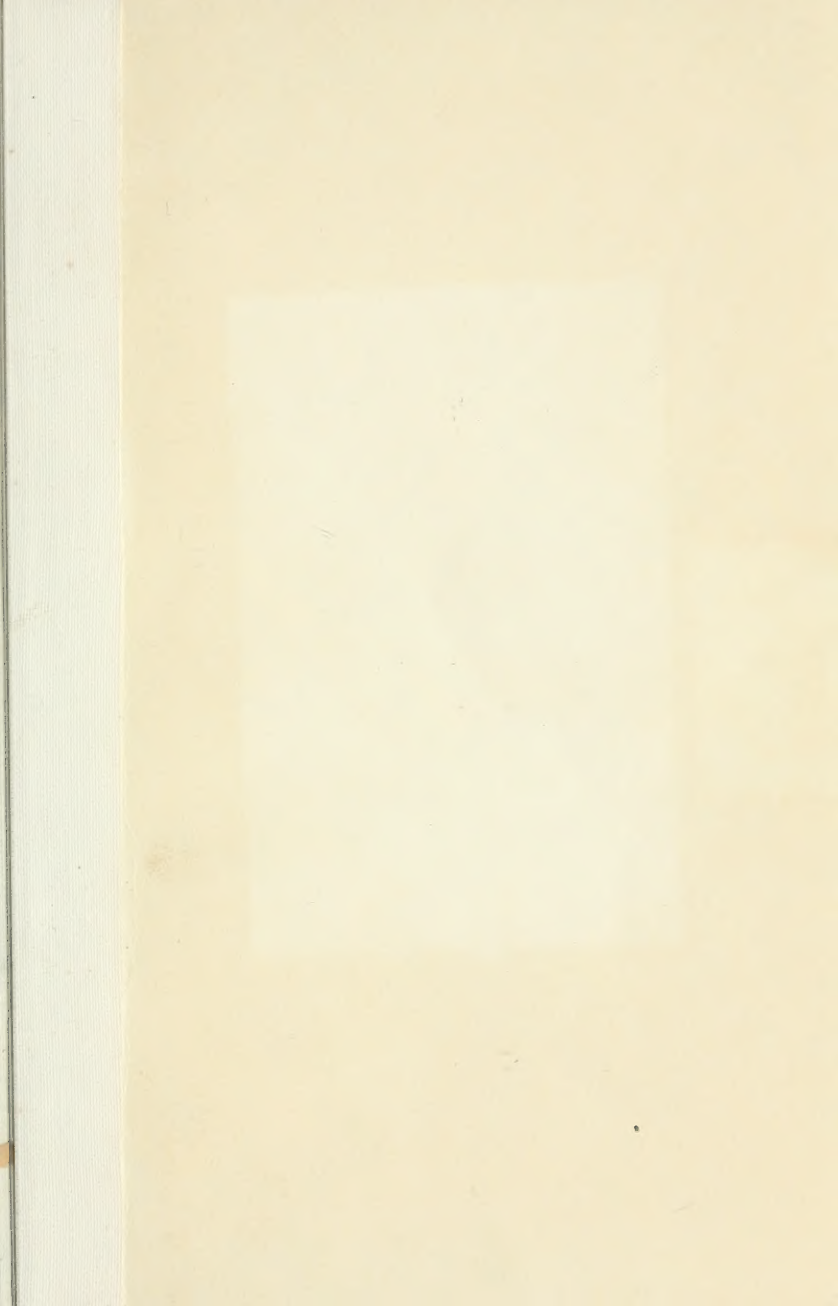
# MOTHERHOOD



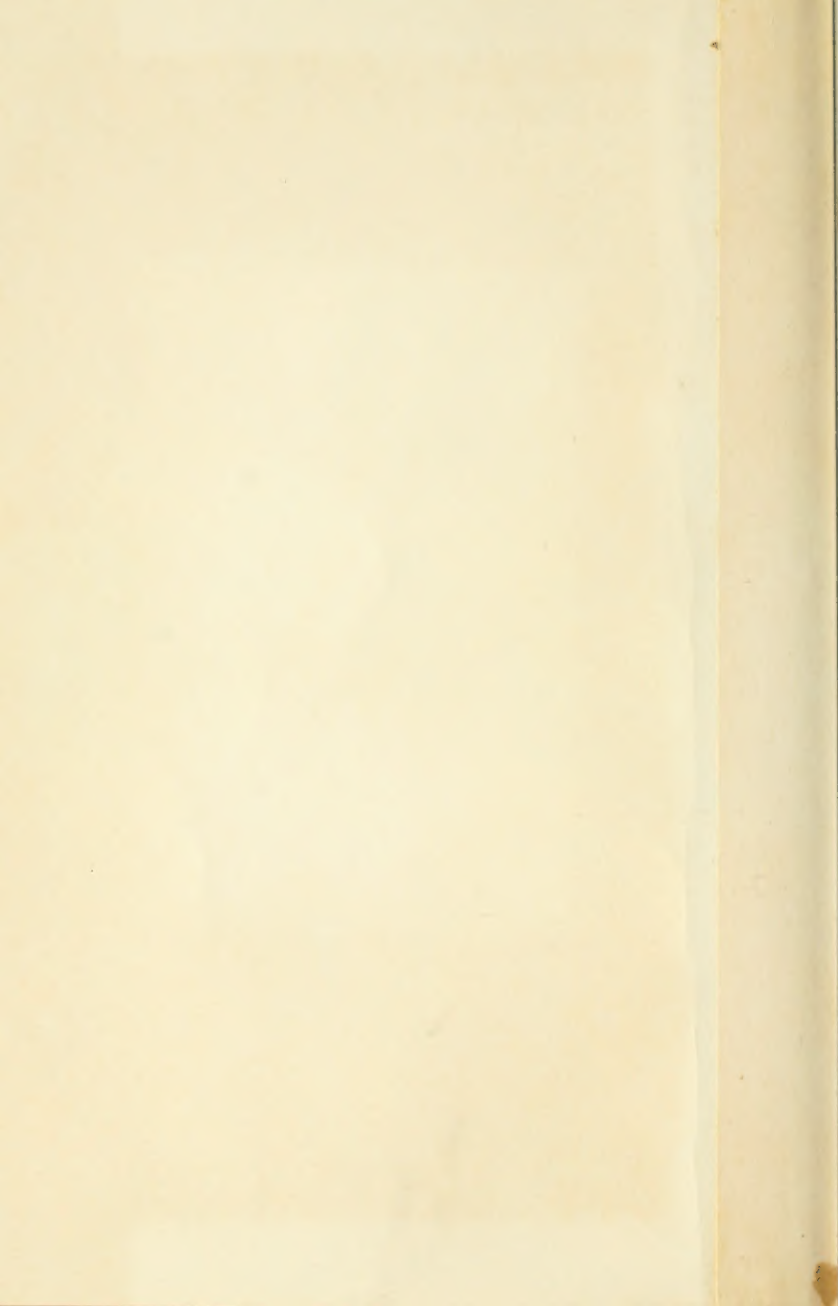
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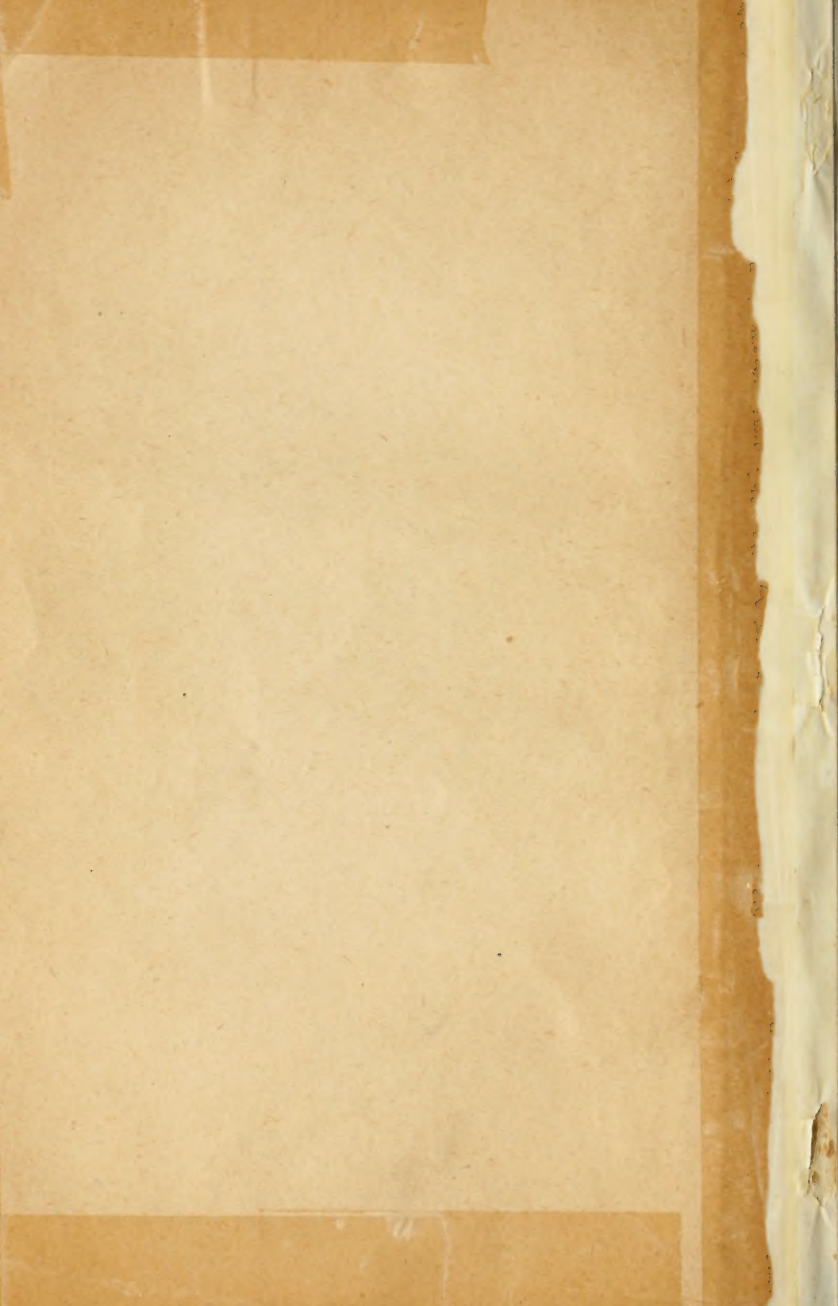


DR. G. S. BARBER

21 RIVERVIEW DRIVE

BRANTFORD, ONTARIO





# THE PHYSIOLOGY

OF

## MOTHERHOOD.

"She informeth the minds of her children with wisdom; she fashioneth their manners from the example of her own goodness."—BRAHMIN.



LONDON, ENG.  
NEW YORK. TORONTO.

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## PREFACE.

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HIS book is issued for the express purpose of commending DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP to the public, and in furtherance of that object it seeks to impart to all mothers and those engaged in the care of infants a practical knowledge of the principles of physiology, so far as relates to maternity and the treatment of young children. Being assured of the excellence of the remedy, and convinced that the closer its claims are scrutinized from a strictly scientific point of view, the more emphatic will be the appreciation of its value. We desire to popularize elementary medical truth so as to enable the mothers of Canada to judge intelligently as to the condition and needs of their children and prevent the appalling loss of infant life due to ignorance or want of consideration. Many of the preparations of so-called specifics for infantile ailments now on the market are of a most deleterious character. It is easy for any one with a rudimentary knowledge of chemistry to prepare a compound, of which the principal constituents are narcotics or opiates, which

by drugging the child to sleep will give temporary relief. Many uneducated mothers and nurses seeing this purpose effected, regard the medicine as valuable and innocuous, not realizing that the transient stupor which brings rest for awhile is certain to be followed by a reaction, rendering the condition of the patient worse than if no dose had been administered.

To save mothers from the consequences of acting blindly and ignorantly in the discharge of their sacred trust, this publication seeks to explain the principles which should regulate, not merely the administration of remedies in case of disease, but the general treatment of nursing mothers and young children so as to obviate the necessity of medicine as far as possible. It has been carefully compiled from the most authentic sources, and presents the conclusions of the latest medical research in language intelligible to all of ordinary education. Its recommendations will be endorsed by every progressive and enlightened physician. Instead of trading upon the ignorance of the public we confidently appeal to their intelligence, and far from seeking to supersede or oppose the medical faculty, look for their support and co-operation.

THE AUTHOR.



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## PHYSIOLOGY OF MOTHERHOOD.

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**T**HE relations of mother and child are the highest, holiest, most important in existence. The duties and responsibilities of motherhood are of most vital consideration.

“The hand that rocks the cradle, is the hand that rules the world.” Considering the duties and responsibilities devolving upon the mother, as the moulder of nations, how vastly important it becomes that she be able to govern and develop her own progeny, that they grow in physical, moral, and intellectual strength, and become fitted to bear the duties and burdens of life, as well as to share in its pleasures and prosperity.

Motherhood then is the paramount function, its magnitude no mortal mind can conceive. Every mother should not only *desire to know*, but *should know* how to mould the plastic nature of her infant, so as to maintain a healthy mind in a healthy body. To possess both herself, is the first essential.

During the few months prior to birth, the child in embryo lives, grows, and is nourished solely from her vitality, until the period arrives when it is severed from the parent, and breathes the breath of life from the outer atmosphere, becoming a living, independent personality. “As the twig is bent the tree is inclined.” Hereditary influence, as well as environment, have much to do with the new born child. Some children lack vitality from birth, and are puny and sickly, “born tired,” expresses it in a brief sentence. Even when blessed with healthy parentage, the trials and struggles of the little stranger

with physical influences, are fearful to contemplate, and demand the most watchful care on the part of the mother, to protect, and to prevent the encroachments of disease. Many ailments and evil influences are founded during pregnancy—it is doubly important that the prospective mother be not only physically well, but tranquil in mind—if she would beware of a progeny of degenerates and weaklings. Ignorance on the part of parents may not be an intentional fault, but is often from thoughtlessness, and again the conventional false ideas—such as false modesty—the leaving of everything to the doctor, or hired nurse, the lack of interest in studying nature and natural laws—especially those pertaining to sex nature, are blamable for serious consequences.

Dr. Oliver Wendell Holmes once aptly observed that "Education should begin a hundred years before birth." At least we should recognize the rights of the unborn and helpless germ of life, to be well born.

The power of passion, animality, excessive abuse of the sex functions, and marital rights, engender a serfdom in wedded life that is often the most abject form of slavery.

Purity, cleanliness of mind and body, pure air, full deep breathing, pure food, regular diet, devoid of excess, pure water, proper warmth and clothing, pleasurable exercise, temperance, an avoidance of strong stimulants, dosing with cathartics, narcotics, anti-pyrine—headache powders and such deleterious measures—are of the utmost importance, as also a loving, forbearing disposition and tranquility of mind are essential to perfect spirituality.

Remember like suggests and begets like, love begets love, so also does passion, discord, selfishness and hatred beget their very prototypes.

**The Best Inheritance is good Health.**

The mother's most critical period is at her first confinement, and again at the cessation of her periodical functions. It is then that she needs every healthful resource to sustain her vitality. Remember healthy organs have healthy functions, and vice versa. It is the effort of this book to point out with brief suggestive hints, the wherewithal to attain healthy motherhood and healthy children. Regularity of periods is essential to womanly health and beauty. Pain is never natural, but a warning of some abnormal action. Painful periods are unnecessary to the female, and if our suggestions elsewhere in this book are followed, they can be remedied and overcome. Pain is *dis-ease*, it has no other significance.

Healthful, hopeful, happy motherhood does not rob its progeny of their birthright—vitality. How sad to contemplate the too prevalent reverse of this condition. Infant mortality is fearful to consider. Statistics reveal the startling facts that nearly one quarter of the population of the civilized world die within one year of birth.

More than one-third die before the age of five, and fully one-half before they reach the age of fifteen.

“ All that grow old must die  
But see, how on the footsteps of decay  
Youth follows ever beautiful and gay.”

Irritation in weak constitutions is the exciting cause in nearly every case. The period of teething is therefore especially trying to the tender nursling. Poisonous drugs—opiates, narcotics—excess of sugar in soothing mixtures, causing kidney trouble, etc., have much to do with this fearful fatality.

The annual number of births is estimated at thirty-six million, seven hundred and ninety-two thousand. What a cry goes forth every year from helpless in-

**Do not rob your Children of their Birthright.**

fancy, that should reach the heart and touch the tender instincts of motherhood to arouse her to a serious sense of her responsibility towards both the born and those who are yet in the womb of time; the future generations of the planet earth.

The most beautiful and healthful women in the world are found in the realms of the British Queen. They have raised a progeny that rules o'er land and sea. Many American women grow old before their time, and their infants are proverbially puny. The influence of the emotions on the secretions of the mother's breasts—the milk that should nourish and sustain—becomes but little better than a slow poison, implanting the germs of physical and mental weakness—degeneracy, disease, and death. To make the race beautiful, pure, strong and good, is the high and holy mission of MOTHERHOOD.

**Many Infants Die every Year** from nursing nervous, weak, worn-out mothers—mothers whose blood is impoverished, circulation poor, and complexion pale; they lack the red globules of the blood that *Dr. Hammond-Hall's Nervo-Heart Pills* can supply.

No nursing child can be healthy whose mother's vitality is poor, and no mother can afford to waste her feeble vitality in vain attempts to nourish her infant. The moral is so plain that all who read may know, and knowing, may profit thereby. *Get the little blood-red pills that make red blood.*



**OUR MISSION.**

---

This book does not pretend to treat of all the diseases peculiar to infancy, for that would be usurping the office of the physician, which is far from our intention. It rather treats upon the prevention of serious disease, which is better than cure, and to give helpful hints in the management of those minor complaints in the absence of the physician, or in which it becomes unnecessary to call upon the busy doctor. Such cases most frequently appear troublesome during the period of teething, when hourly every mother will find our suggestions invaluable.

By the introduction of such handy household remedies as *Doctor Hammond-Hall's English Teething Syrup*, *Baby's Laxative Tablets*, *Tait's Worm Tablets*, and *Doctor Hammond-Hall's Nervo-Heart Pills*, we not only provide for the emergencies every mother encounters with her infants, but we also place remedies within her reach that will prove of the utmost service to herself in her own functions of motherhood. We refer in this latter consideration more particularly to the *Nervo-Heart Pills* for such broken down conditions as call for pure, rich, red, nourishing blood, more perfect circulation, and tone, strength and vigor to tired nerves and feeble frames.

Incidentally we may also mention the efficacy of *White's Wafers*—a specific for Leucorrhœa, Female Weakness and Inflammation, Congestion and misplacements of the Uterus and Ovaries—where safe and effectual home treatment, in the privacy of one's own apartments, does away with obnoxious examinations, dangerous appliances and doubtful operations.

Taken timely, *Nervo-Heart Pills* and *Wafers* will cure nearly all cases of derangement of the female

**Our Mission is to make the world Better.**

functions, without surgical interference, and maintain healthy Motherhood and healthful offspring. Send for Dr. White's Treatise on Female Diseases, securely wrapped and mailed free.

### **LIST OF ARTICLES NEEDED BY A WOMAN ABOUT TO BE CONFINED.**

The following is a list of the essential articles needed at the time of confinement which ought to be procured in good time and kept convenient for use when required:—

A cake of soap (Baby's Own).

4 oz. bottle of olive oil.

1 oilcloth.

2 sponges—one for the head and one for the body.

1 package of toilet powder and puff box.

2 oz. bottle of good carbolic acid.

One dozen large and one dozen small safety pins.

10 grains of boric acid in a dry, clean, one-ounce bottle, to be prepared by the nurse when needed by filling up with warm water—for use for the infant's eyes in all cases.

2 bandages, long enough to reach one and a half times round the mother, about 18 inches wide.

2 pads about a yard square to keep the bed from being soiled, made of two layers of soft cheese cloth, between which cotton batting is placed and quilted in. These should be about three-quarters of an inch thick.

A toilet basket with pin-cushion.

A pair of scissors.

One spool stout linen thread.

One bunch of tape.

3 small-sized soft towels.

3 wash cloths.

1 package absorbent cotton or borated cotton.

**A Baby is a Well-spring of Joy in Every Heart.**

NURSES.



ANCIENT.



MODERN.

**The Nurse's Duty to the Mother.**—The nurse should, in the first place, obtain and carefully note the instructions of the attendant physician as to how to manage the patient. Every case requires special treatment in some particular, and nothing should be undertaken without the doctor's knowledge and approval. Be scrupulously clean in every particular and kind, though firm, with your charge. Act calmly and deliberately, avoiding all excitement. The patient should never be touched to remove soiled napkins without first washing your hands. No visitors should be allowed to enter the sick-room without the doctor's permission. Watch carefully the condition of the patient and report faithfully any unnatural signs. The best way is to have a slip of paper and a pencil convenient, if no regular chart is kept, to record anything you may think it advisable to report to the physician on his daily visit; in this way you will run no risk of forgetting. No woman should get out of bed after confinement for at least ten days.

### **How to Look After the Nipples and Breasts.**

—The nipples should be washed carefully with sterilized water both before and after each time of nursing. If they become sore, wash with cologne or a little borax and water. Should they become cracked, get and apply the following mixture, which will generally effect a speedy cure:—

One-half oz. of glycerole of tannic acid,  $\frac{1}{2}$  oz. of sulphurous acid, and 1 oz. of rose water. Apply to nipples and wash off before nursing.

*If the breasts become lumpy*, report to the physician at once, as it is a serious matter, requiring great care in its management, and should not be neglected. The breasts in such cases should be rubbed very

**What is Home Without a Baby?**





lightly or rather stroked with the ends of the fingers towards the nipples. The breasts should be withheld entirely from the baby for twenty-four hours, and the milk from time to time drawn in small quantities by means of a proper breast pump, the breast in the interval being carefully supported by a bandage slung over the shoulder. With proper care on the part of the nurse she should rarely see a bad case of inflammation of the breasts.

**Care of the Newly Born.**—"After an infant is born the first duty of the nurse, the mother having been properly attended to, is to wash and dress the baby. This is all-important, and the nurse should be alive to every detail in connection with this first bath. Assuming that the child is strong, healthy and full-timed (premature infants requiring a different management), the nurse should proceed as follows: First see that the room is sufficiently warm; the temperature should be 70° F. Then select the most convenient part of the room, where there is no danger from draughts. Examine the baby's eyes, and, with a piece of absorbent cotton, carefully wash away any of the slimy matter which may have adhered to the eyelids. Then carefully bathe them with a warm solution of boric acid (10 grains to 1 oz. of warm water). The inside of the mouth and lips should be treated in the same way. These instructions should be carried out to the letter, as otherwise inflammation of the eyes may result. If no solution of boric acid is available, use plain boiled water, cooled to a proper temperature. The face and eyes having been duly attended to, take some warm olive oil in a saucer, and thoroughly rub over with the hand the entire body and scalp. This will effectively

**The Dimpled Darling our Joy and Hope.**

cleanse away the slimy white material which covers the body at birth. Finally the process of washing is completed with a little soap and water run over the body to remove any superfluous oil. The infant should never be put in a bath at this time. The child should be wiped dry with a warm soft towel and dressed.

**The Umbilical Cord.**—This should be carefully wrapped in borated absorbent cotton—that made by Seabury & Johnston, or Johnston & Johnston, is the best—and no water should be allowed to come in contact with it. It will thus become dry more quickly, and gradually loosen and fall off. Some adhere to the old-fashioned burnt rag, but absorbent cotton is cleaner and better in every way. The binder should be of soft flannel, and must not be applied tightly, as it may do great harm by compressing the chest or stomach.

**Care of Premature Infants.**—If the weight of an infant is below three pounds its vitality is very low and its chances of survival uncertain. The more immature the infant the greater must be the care exercised in its management. The current idea that an eight months' infant is unlikely to be reared has no foundation in fact, and is simply one of those traditional notions, unwarranted by experience or reality, which medical men continually meet with in the exercise of their profession. An eight months' infant is more likely to survive than a seven months' child for the very obvious reason that it is thirty days older and stronger.

Immediately after the birth of an immature infant it should be enveloped in absorbent cotton without any washing except cleansing the eyes as directed in the

**Baby's Skies are Mamma's Eyes.**





case of an ordinary infant. Layers of cotton wool must be wrapped round the body and separate layers round the limbs. Then place the infant upon a mattress of cotton wool in a basket with a flannel lining, inside of which India rubber hot water bottles should be arranged at a safe distance from the child. If no rubber bottles are at hand jars or thick glass bottles full of hot water may be substituted, great care being taken that they are tightly corked and well wrapped up. The apartment should be kept at a temperature of 70° F. and well ventilated. The infant should be handled as little as possible. Probably it may be too feeble to take the breast, and if there is any milk in the breast it will be advisable to draw it off with a breast pump and feed it to the infant with a spoon. In case the mother has no milk you must follow very carefully the directions given in this book for the artificial feeding of infants.

**The Infant's Nurse.**—The chief attributes of a good nurse are a willingness to obey implicitly the orders which she receives from her mistress, and a temperament in harmony with the sensitive nervous organism of her charge. She should be neat, healthy, strong, cheerful, gentle and patient. There is one practice frequently pursued by nurses and others which is very objectionable, viz., putting their fingers in the mouth of an infant to ascertain whether its teeth are coming. Babies are much more liable to contract diseases of the mouth than are adults, and probably one reason is that they cannot prevent dirt being introduced or ward off contact with unhealthy persons. If it is necessary to touch the child's mouth the fingers should always be carefully washed first—and feeling the baby's mouth for mere curiosity

**The Hand that Rocks the Cradle Rules the World.**

by the nurse or others should never be permitted. Another source of disease is the frequent kissing to which babies are subjected by visitors and others who think it necessary to show their friendly interest and sympathy in this way. It is a bad habit and frequently results in communicating ailments of one sort or another to the child. Nurses should be cautioned against kissing their infant charges or permitting it to be done by others.

The idea that a child should be entrusted to an old and experienced nurse, in preference to a younger woman, is a mistaken one. Experience of old nurses is, as a rule, that of ignorance, and merely tends to make them self-opinionated and obstinate in their adherence to old-fashioned and traditional methods which modern science has proven to be erroneous. The nurse should be a mature, sensible woman, between thirty and forty years of age.

Every mother—as she is presumably more intelligent than the nurse she employs, and is certainly more interested in the welfare of her child—should personally supervise and unhesitatingly investigate all the methods adopted by the nurse maid. The nurse's ideas of what is proper for the infant in the way of food, clothing, etc., may be very crude, and no mother, solicitous for the welfare of her offspring, should think of trusting her judgment on these important matters. She should learn from her physician what is best in these respects and then give directions accordingly to the nurse—and see that they are obeyed.

**Nursery Hygiene.**—The very large proportion of children born into the world who die in infancy, is a terrible stigma upon the intelligence and good

**Babies and Diamonds are Dear Little Things.**

management of mothers and nurses. There is no love so strong, enduring and deep-seated as a mother's, but no depth or intensity of affection, no amount of care and self-sacrifice will avail to save the lives or the health of the little ones unless there is also knowledge of the proper course to pursue. Without this the very action taken by the mother in her anxiety to soothe or comfort the fretful, ailing child, may be fraught with the most serious results.

Ignorance of the first principles that every woman in charge of young children should know, is responsible for a vast number of unnecessary and premature deaths. How many mothers have studied anatomy, hygiene, or the circulation of the blood? Did you ever, dear lady, try to put baby to sleep with a soothing syrup, or a vigorous rocking of that vile invention, the cradle, with even a dim perception of what you were doing, beyond the self-evident fact that you were securing peace for a time?

To begin at the beginning. "Why does baby cry?" In many cases because of the condition of the mother, for which there may be various reasons. So long as a baby is nursing and the mother is in good bodily health, the little one will be more inclined to laugh than to cry. The mother is its source of nourishment. If the spring be clear at its source all is well with the thirsty one. If the spring be foul, those who drink therefrom suffer. But if baby cries, not from hunger, and will not sleep, do not do it a greater injury by giving it an opiate in the form of soothing syrup, or in any other guise. Of all the means employed to lull an infant to sleep, this is probably the most effective, and it is certainly the worst. The kinds that are least efficacious are the

**Babies, like Great Lakes, are subject to Squalls.**

least harmful. By administering any of these speciously recommended compounds you poison the child and lay the foundation of dyspepsia and shattered nerves, and possibly plant the seeds of an appetite that may not be appeased until the once bright and cheerful youth goes down, with the innocent-looking syringe in hand, or the deadly cocaine powder on his tongue, lower and lower till the intellect becomes darkened and the body a physical wreck.

If you use the cradle what is the effect produced? "Sleep," you say. Yes, but why? Because you have made the little one drunk—as drunk as though you had given it intoxicating liquor. Should you be disposed to doubt the scientific accuracy of this statement, just take a turn at it yourself. Have some one roll you from side to side about a score of times and then see if you would need any arguments to show you whether rocking the cradle is good for baby. No! opiates, rocking and jolting on the knee are all bad, and about the only sensible thing to do is to try to get the stomach emptied a little, possibly only of wind, and walk the child in your arms—or get its father to do it. What are men for at such a time if not for this purpose.

Then you will have time to study the situation and you'll probably remember that you have eaten something or done something that did not agree with you, and baby has entered his protest as a loyal opposition always should. If you simply take plenty of good food, well cooked with ample time to eat it, keep your bowels in good order, get abundance of rest, and do nothing that is calculated to make you tired or over-heated, baby won't cry.

But the average woman, the wife of the farmer, the artizan or the laboring man, must with a rising

**English Teething Syrup Calms Baby's Squalls.**



family do things that cannot fail to make her fatigued and over-heated. Even the wives of those in fairly comfortable or independent circumstances, suffer in this way. Notwithstanding that there is plenty of help to do the heavy work, yet the cares of a household, the anxieties regarding each growing bud and blossom, will often leave the mother pale and thin. Then comes the time when care must be exercised in the taking of proprietary or other medicines.

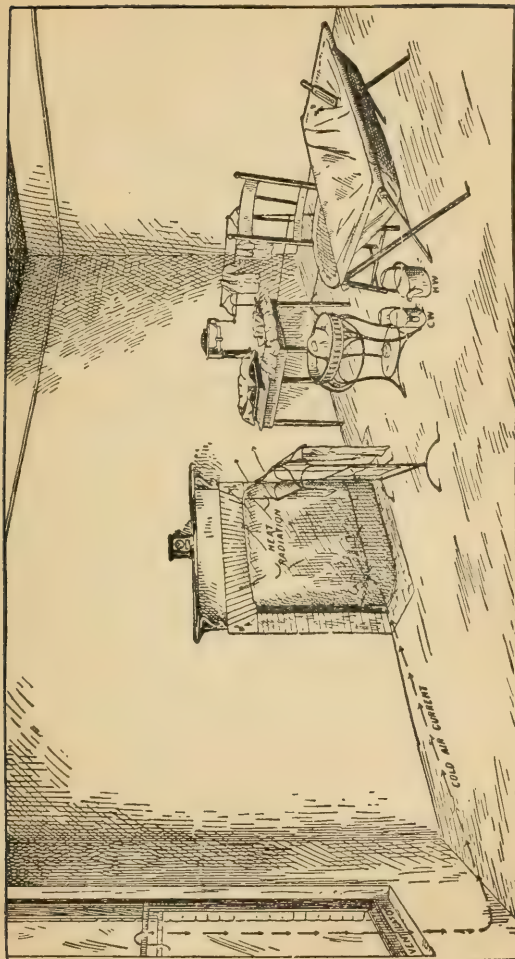
Do try to avoid the habit of taking medicine regularly and on every occasion when you are not feeling "yourself." When the system once becomes habituated to medicine, it will lose its effect and fail to give you relief. Take medicine only when the symptoms indicate that you really need it, and as soon as there is a decided change for the better in your color, circulation and strength, drop the remedy until it is again required. When you do take a tonic or medicine of any kind, take the best that can be got. Avoid those that profess to be universal panaceas for all sorts of diseases which spring from entirely different causes, and be sure that the remedy you adopt is a specific for the particular ailment or class of ailments from which you are suffering.

**The Best Tonic** is Dr. Hammond-Hall's Nervo-Heart Pills. A blood building, blood purifying, blood regulating tonic. The little blood-red pills that make red blood, and promote its perfect circulation. There is no better remedy for pale, bloodless females, whose nervous system is shattered, and whose strength is gone from over-work, or anxiety. They regulate the heart's action, cure palpitation, prevent heart failure, and for shortness of breath, fainting spells, and asthma, as well as for nervous prostration, they have no equal.

**A Healthy, Happy Baby Seldom Cries.**



SANITARY SLEEPING ROOM, WITHOUT CARPET, WALLPAPER OR  
UPHOLSTERY.



PROPERLY VENTILATED NURSERY.

**The Nursery.**—As the Nursery is the home of the infant, all its arrangements must be carefully studied, and every detail planned with an eye to the health and comfort of its occupant. Though the parents may not be in a position to procure for the child those surroundings which are the best for it, they should at least know what conditions are desirable, and how the general health of their loved one is likely to be affected by its environment. The nursery should be situated at the top of the house, with a sunny exposure and large windows high enough from the floor to avoid having the children continually pressing their faces against the glass in order to look out. This practice frequently results in their catching cold from the slight air currents which penetrate most window casings. Mothers often overlook this source of colds and wonder how their children, who have been so carefully watched, have contracted them. Sunshine is a most important health-giving influence, and on no account (except in cases of measles, scarlet fever, etc.,) should it be excluded or the room darkened in case of sickness, as is a frequent practice. Abundance of light is a great restorative, and sunshine warms and clarifies the atmosphere, neutralizes minute organic poisons, and has the cheering effect on the mind of the patient upon which so much depends. A dim light on the contrary is depressing in the extreme, and yet many people under the influence of a long prevalent, but utterly absurd notion, carefully draw blinds and curtains and shut out the sunlight on the first symptom of ill-health. There could be no surer way of intensifying and prolonging the attack.

**Wall Paper and Carpets.**—It is advisable to dispense with paper on the walls and a carpet on the

**Nervo-Heart Pills prevent Heart Failure.**



floor. Young children are particularly liable to inhale poisons, such as arsenic, so commonly found in wall papers, which results in catarrh or severe ulceration of the lips and gums. Carpets always accumulate dust, which, when stirred up, act as a great irritant upon young children's lungs. It is better to have the floor, walls and ceiling painted, so that in case a child should contract any contagious disease, the whole room can be easily and completely disinfected. Repainting is one of the best methods of thorough disinfection.

**The Floor.**—A smooth easily cleaned floor is desirable. It should not be highly polished for the nursery, as children would be liable to slip and injure themselves.

**Rugs** may be used in the nursery, as they can be easily removed and effectually cleaned, and have that advantage over carpets.

**The Infant's Cot** should be of iron, painted so that it may be easily cleansed—and with the same object as few drapings as possible.

**Pillows and Mattress** should be of hair or husks, and protected by a rubber sheet thoroughly aired every day. The nurse should not have her bed too near that of the child, but only within calling distance.

**Curtains** should be only simple muslin, which can be washed easily, and replaced when windows and curtains are cleaned.

**Heating and Ventilation.**—The child requires pure warm air. The temperature of the nursery should be maintained at from 66° to 70° F. An open wood fire is best, both on account of the character of

**A Bachelor always calls a Baby "It."**

the heat which it throws out, and for its value as a means of promoting ventilation. There should always be a thermometer in the room, as a guide in the proper regulation of the temperature.

**Draughts.**—Great care should, of course, be taken not to expose infants to draughts. Currents of air, it may be mentioned, always move in definite lines. Their course is shown in the graphic illustration number 2.

**Bathing.**—It would be difficult to attach too much importance to the daily bath as a means of preserving the health of either child or adult. Much care should be taken by mothers and nurses as to the details of the infant's bath, which should be given every morning, except in cases of rheumatism or other specific fever, or if the skin or nails turn blue. In such instances sponging should always be supervised by a physician.

Everything should be in readiness before the infant is stripped for the bath, and the bathing should be done as quickly as possible. The tub should be placed on the side of the fireplace opposite to the window, and fronting the latter so as to avoid draughts and insure a good light, care being taken to protect the infant's eyes from too strong a glare. Let the nurse first wash the face in clear water, keeping the body and limbs wrapped up in a warm blanket. She should gently cleanse the nose, the corners of the eyes, and the external ears. The care of the nose is especially important, for the infant's vitality is easily affected by occluded nares. The face should be then wiped with a soft towel—after which the nurse should soap, wash off and dry the scalp. Next the body should be washed, particular attention being given to

**Health and Happiness beget each other.**

the thorough cleansing of the folds of the neck, the armpits, the groins, genital and anus. The warmth of the bath ought to be maintained by the occasional addition of warm water.

**Soaps.**—English Castile, White Castile, or Pear's Glycerine Soap. may be used. Never use cheap, common, or colored soaps.

**Sponges.**—There should be two sponges, one for the face, the other for the body. After the body and limbs have been thoroughly soaped, the nurse should gently lower the infant into the clear water in the bath. The child is then taken into the nurse's lap and carefully dried with a warm soft towel. Never soap and wash the infant in the bath but always on the lap and never keep him in the bath longer than one or at the outside two minutes.

**Powder.**—When the skin is perfectly soft, clean, and in a natural condition, no powder is necessary. The infant should be pure and sweet in itself without accessory odors. If a powder is used Borated Talcum or Fuller's Earth is serviceable.

**Objectionable Remedies.**—A remedy which it is difficult to banish from the nursery but which ought not to be tolerated, is the traditional dose of castor oil. This is not merely unpleasant to the taste, but according to Lauder Brunton, is a great irritant to the bowels, and often subjects the infant to an unnecessary amount of griping and colic. If it is requisite to give anything at all for the infant's bowels, half a teaspoonful or more of good sweet oil will usually answer the purpose. Lard is another thing that should never come within the sick room, as no enlightened doctor would think of using it.

**Every Moment brings its Duty.**

**How the Baby Should be Fed.**—The best food for the infant is that provided by Nature—the milk of the mother—and only inability to perform the natural functions of nourishing the child she has borne, or the risk of serious injury to her health or that of the child, can excuse any woman for shirking this duty. In this age there are too many mothers, who, to get rid of trouble or resume the pleasures of society, wean their children as soon as possible or engage a wet nurse—of whose character and antecedents they know nothing—to take their places. The consequences are frequently highly injurious to the subsequent constitution, vitality and mentality of the child, and very many premature deaths are traceable to the selfishness or inconsiderateness of heartless mothers, who regard the cares of maternity as a burden to be thrown aside as soon as possible, rather than as a sacred duty.

To nurse a child not only increases materially its prospects of surviving the dangers of infancy, but is the best thing for the health of the mother. The nursery tradition that a baby requires nourishment for the first two or three days after its birth is altogether unfounded. Nature makes no mistakes in these matters, and if sustenance had been requisite for the newly born child the milk would have been provided. All these things are in accordance with an absolute law, and wise are they who act in harmony with it.

If an infant be fretful during this period a little sweetened water will be quite sufficient for it, until the flow of milk begins. But the baby should be put to the breast about three times every day during the first three days—as the breast contains the yellowish

**Forethought Spares Afterthought and Sorrow.**

substance known as colostrum which is a natural purge for the child, and removes from its bowels the black stools which are characteristic of this time of an infant's life. Moreover, the sucking of the child softens the breasts preparatory to receiving the flow of milk, which, in many cases, is so excessive as to make the breasts hard and painful. If the baby is not suckled early the nipples frequently crack, causing the mother much distress.

For the first six weeks the child should be nursed every two hours. After that up to the fourth month every three hours, and from that time up to the sixth month every four hours, during the day time. The baby should be trained to sleep as much as possible between eleven at night and six in the morning, and should sleep alone from the day of its birth.

If the condition of the child is normal it should for the first few months sleep all day except when it awakens for food. At a year old it ought to sleep fifteen or sixteen hours out of the twenty-four. At two years old it should sleep for twelve or thirteen hours. At the age of four or five, if these conditions have existed, it will not require sleep during the day. An infant should always be put to bed inclined to the right side with the right ear to the pillow.

It is often necessary to give the baby a little plain gruel strained, or barley water during the night, which will be found sufficient to satisfy its appetite until the mother nurses it early in the morning. This gives the mother a necessary amount of rest, and is an important factor in preserving her health, at a time when she most requires it. This is all-important, as on the proper constituents and conditions of the mother's milk very largely depends the healthy development of the child. By regular feeding, a

**Opiates and Narcotics have slain Millions.**



regular desire to move the bowels will be induced. The watchful mother will be quick to observe any irregularity in this respect and will "hold out" the child on the first indication of a call of nature—thus laying the foundation for regular habits and preventing constipation, at the same time promoting cleanliness and health—either one of which is productive of the most satisfactory results to both mother and child.

The best evidence of an average infant's progress is its growth in weight. The weight of an average infant at the end of the first month is 9 lbs. 4 oz.; second month, 11 lbs. 7 oz.; sixth month, 16 lbs. 5 oz.; one year, 20 lbs. 9 oz. This will vary in detail, but the same relative increase should occur.

Children should be fed at the breast alone (with the exception above mentioned of some light sustenance at night) for six months, and if at the end of that time the child is thriving well, and the mother in good health, no change need be made in the diet. Supplemental feeding may, however, be resorted to while nursing is continued. There is no absolute rule as to the time of weaning. Nine or ten months is the usual time; sometimes a year, but nursing should not be continued beyond the latter time except under very rare conditions. Often it is necessary for the mother to cease nursing earlier than usual if she is losing weight or suffering from depression of spirits, backache, headache, dizziness, palpitation, or wasting disease, or in case the baby is not thriving satisfactorily.

**Weaning.**—It may be necessary to wean suddenly on account of the condition of the mother's health, or because, as occasionally occurs, the infant refuses all

**Train up Children in the Way they should go.**

artificial foods when it can get the mother's milk. The strength of will or desire shown by an infant under such circumstances is sometimes extraordinary. Weaning is best accomplished gradually, for in this way the stomach is best habituated to its new diet, and, in case it is upset in the transition stage, the natural feeding can be resumed for a time. Moreover, the gradual process is easier for the mother. It has been recommended that weaning should occupy one month, and be conducted on the following plan for daily feeding:—

First week	feed	naturally	6	times,	artificially	1	time.
Second	“	“	“	5	“	“	2 “
Third	“	“	“	5	“	“	4 “
Fourth	“	“	“	1	“	“	6 “

**Overfeeding.**—Errors in feeding, which are responsible for so large a share of infant mortality, comprise not only the giving of food which is in itself unwholesome, indigestible, or deficient in nutritious value, but the more insidious practice of overfeeding, which nursing mothers should be especially careful to guard against. Frequently, as soon as a child cries, the assiduous but ignorant mother jumps to the conclusion that it must be suffering from hunger, and gives the breast, while it may actually be in pain on account of having had too much already. A child goes instinctively to the breast in any trouble. If it is hungry it seeks to appease its appetite, if in fear or pain it flies to the same quarter for help and protection, and finally there is a strong magnetic sympathy between the child and mother, the over-indulgence of which the latter must guard against in the interests of both. Then, do not infer that hunger is always the impelling motive and make the mistake

**As the Sowing, so the Reaping.**

of feeding a child that may be suffering because it has already had too much. Proceed to remove the cause by correcting the action of the infant's stomach. If you find it much distended, you will know that not hunger but pain is the cause of the trouble, in which case a few drops of DR. HAMMOND-HALL'S ENGLISH-TEETHING-SYRUP will be found an efficacious remedy and bring speedy relief.

**Artificial Feeding.**—Should the mother be unable to nurse her child, some food must be procured the composition of which most nearly approaches that of the mother's milk. If ignorance be displayed in this essential matter, the result will be vomiting, diarrhœa, fever, wasting disease, and death. Cows milk is the best substitute for that of the breast, but care must be taken to modify it, so that its action and character may resemble those of mother's milk.

Take fresh milk and boil it. For a young infant use one part of cows milk and three parts of boiled water sweetened. The proportion of milk must be gradually increased as time goes on, so that at the end of the fourth month the food will contain equal parts of milk and water. When the sixth month is reached, use two parts of milk and one and one-half parts of water. Some children may require weaker and some stronger food than this, but at no time is it advisable to give hand-fed babies pure milk. In the above mixtures one can often, with much benefit to the infant, add oatmeal or barley water in place of pure boiled water. Limewater also is frequently a good addition.

The milk of different cows mixed is preferable to "one cow's milk," notwithstanding the popular impression to the contrary. The constituents of the

**Better Loved and Lost than Never Loved.**

milk of a single cow are constantly varying owing to the change in the character of its food at different seasons. Moreover there are cases where some cows give a large quantity of milk with a very small proportion of cream in it, while others give less milk with a large percentage of cream. In the former case the food would be too weak and in the latter it would prove too strong, but by mixing the milk of several cows a good average is obtained.

If you find you cannot induce the infant to take milk in any of the forms recommended, it may be requisite to peptonize the milk. To do this take one of Fairchild's Peptonizing Powders, and put in a clean quart bottle with a teacupful of cold water. After shaking add a pint of fresh, cold milk and shake the mixture again. Place the bottle in water of such heat that the whole hand can be held in it without discomfort for a minute. Keep the bottle there for ten minutes. Then put the bottle on ice and let it remain directly in contact with the ice. Use when required.

Nestle's Condensed Milk will sometimes agree with the stomach where ordinary milk disagrees. It is cheap, easy to prepare, and handy when travelling. The directions usually given are to dilute in a proportion of 8 or 10 parts of water to one of the preparation—but in beginning the use of Nestle's Condensed Milk it is best to make the dilution one in twenty, and gradually increase its strength as you see it agrees with the infant. This certainly seems a valuable food preparation for an infant and often tides it over critical periods. Swiss Condensed Milk or Eagle brand may be used.

**Fretful Babies make Peevish People.**

**Sterilization of Milk.**—Milk, when sterilized, keeps more than twice as long as under ordinary conditions and is much more easily digested. Wilmot Castle & Co., of Rochester, N.Y., make an excellent sterilizer, known as the Arnold Steam Sterilizer. It is very convenient and easy to manage, and can be obtained reasonably cheap. In these, bottles are arranged containing the milk, or milk and barley water, or whatever food the infant is taking. Water is placed in the apparatus so as to surround the bottles, which stand on a tray that can be lifted out, and the whole is kept boiling at a temperature of 212° F. for one hour, thoroughly killing all germs and organic matters. It is then allowed to cool, and the bottles are stoppered until required for use. When the infant is to be fed, one of the bottles is removed and used.

Occasionally we find children who cannot take milk in any form. In such cases the following may be substituted: Cream, four oz.; water, twelve oz.; sugar to sweeten, or cream, two oz.; milk, one oz.; limewater, two oz.; sweetened water, three oz., or bread jelly, one part; water, eight parts; raw meat juice, three parts; cream, one part, and sugar to sweeten.

**Feeding Bottle.**—The bottle with long rubber tube should never be used. The best kind to use is the "Perfection" Feeding Bottle. Absolute cleanliness is necessary. A sour bottle should never be used. Two bottles at least should be kept, the infant being fed from each alternately. After use be careful to cleanse completely with scalding water, employing Pearline or some good antiseptic such as saturated boracic acid to ensure the entire removal of all germ life.

'Tis Baby's Charms that give to Life its zest.



## DIET GUIDE FOR HAND-FED INFANTS AND CHILDREN.

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**Diet for First Two Weeks.**—Cream, two drams; whey, three drams; water, (hot) three drams; milk sugar, ten grains. To be given every two hours from 5 a.m. to 11 p.m., and once or twice during the night if necessary. This will give twelve oz., or three-quarters of a pint per diem.

To make whey, take one-half pint fresh milk, heated to 150° Fahr., and one and one-half teaspoonfuls of wine of pepsin, or a teaspoonful of Fairchild's Essence of Pepsin, and stir enough to mix. Let the mixture stand in a warm place until coagulation takes place. Next beat up the curd till it is finely divided, and strain.

Or you may use during the same period, one-half oz. thin barley water; one-half oz. cows' milk; fifteen grains of milk sugar. Give every two hours night and day. You can get milk sugar at all drug stores.

**Diet from Two to Six Weeks.**—Milk one-half oz., cream one-quarter oz., milk sugar fifteen grains, water one oz. To be given every two hours.

**Diet from Sixth Week to End of Second Month.**—Milk one and one-quarter oz., cream one-half oz., sugar of milk thirty grains, water one and one-quarter oz. Give every two hours. This is about thirty oz. per diem; or you can give, milk nine drams, cream two drams, milk sugar thirty grains, water two drams. Give every two and one-half hours.

**Diet from Beginning of Third Month to Sixth Month.**—Milk two and one-half oz., cream one-half

Health—Heaven's Choicest Blessing!

oz., sugar of milk sixty grains, water one-half oz. Give every two and one-half hours.

**Diet during Sixth Month.**—Six meals daily from six a.m. to ten p.m., consisting of:—Milk four and one-half oz., cream one-half oz., Mellins' Food sixty grains, hot water one oz. Dissolve the Mellins' Food in hot water, and add with stirring the previously mixed cream and milk. The above mixture to be for the morning and mid-day meal. For the other meals give: milk four and one-half oz., cream one-half oz., sugar of milk sixty grains, water one oz.

**In the Seventh Month.**—The Mellins' Food may be increased to two teaspoonfuls, and given three times per day.

**Eighth and Ninth Month.**—Five meals per day will suffice. 1st meal—7 a.m., milk six and one-half oz., cream one-half oz., sugar of milk sixty grains, water one oz. 2nd meal—10.30 a.m.; add to the foregoing one tablespoonful of Mellins' Food. 3rd meal—2 p.m. 4th meal—6 p.m. 5th meal—10 p.m. This last meal should be same as first. This gives forty oz. per diem.

Barley jelly may be used instead of Mellins' Food. It is made by putting two tablespoonfuls of washed pearl barley into a pint and a half of water and slowly boiling down to a pint. Strain and let the liquid settle into a jelly. Two teaspoonfuls of this dissolved in eight ounces of warmed and sweetened milk are enough for a single feeding, and such a meal be allowed twice a day.

**Diet for Tenth and Eleventh Month.**—1st meal —7 a.m., milk eight and one-half oz., cream one-half oz., Mellins' Food or barley jelly one-half oz., water

**Our Gracious Queen was once a Baby.**

(only when Mellins' Food is used) one-half oz. 2nd meal—10 a.m., eight oz. of warmed milk. 3rd meal—2 p.m., the yolk of an egg slightly boiled with stale bread crumbs. 4th meal—6 p.m., same as first meal. 5th meal—10 p.m., same as second meal. At this period you can safely give a little weak beef tea, or mutton, chicken or veal broth.

**To Remedy a Tendency to Vomit** the milk in firm clots, each bottle may consist of:—Milk one-quarter oz., cream one-half oz., sugar of milk thirty grains, lime water one and one-quarter oz., or milk one and one-quarter oz., cream one-half oz., sugar of milk thirty grains, barley water one and one-half oz. Under all circumstances from the very first, milk means **BOILED MILK**.

**Diet from Twelfth to Eighteenth Month.**—Five meals a day. 1st meal—7 a.m., slice of stale bread broken and soaked in boiled milk. 2nd meal—10 a.m., six oz. of milk with soda biscuit, or thin slice buttered bread. 3rd meal—2 p.m., beef tea with slice of bread, tablespoonful of rice and milk pudding. 4th meal—6 p.m., same as first meal. 5th meal—10 p.m., one tablespoonful of Mellins' Food with a breakfast cupful of milk. At this time may be used yolk of lightly boiled egg with bread crumbs. Little mashed potato with milk and gravy. Cup of warm milk may be occasionally given at night.

**Diet from Eighteen Months to Two and One-Half Years.**—1st meal—7 a.m.—Breakfast cupful of milk, the yolk of a lightly boiled egg, two thin slices of bread and butter. 2nd Meal—11 a.m.—Cup of milk and a soda biscuit. 3rd Meal—2 p.m.—Cupful of beef tea or broth, thin slice of stale bread, and a

**A Baby rules the Household.**

saucer of rice and milk pudding. 4th Meal—6.30 p.m.—Cupful of milk with bread and butter. If these diets at any time disagree, return to plain milk, with Mellins' Food. The preceding tables must only be taken as indicating average. Many children thrive best on a purely milk diet up to the age of two or two and one-half years. When a child is thriving and content on milk diet, be in no hurry to change it.

Children who have cut their milk teeth may be fed for a year, i.e., up to the age of three and one-half years as follows:—1st Meal—7 a.m.—One or two tumblerfuls of milk. A saucer of cooked oatmeal or wheaten grits, and a slice of bread and butter. 2nd Meal—11 a.m.—(if hungry) Tumblerful of milk or beef tea with a biscuit. 3rd Meal at 2 p.m.—Mashed potatoes with milk or gravy. A little turkey, chicken or underdone beef or mutton minced as fine as possible. 4th Meal—7 p.m.—Tumblerful of milk, and one or two slices of well moistened milk toast.

**For the Rest of Childhood—Breakfast—DAILY.** Milk. Porridge and cream. Bread and butter.

**Only One Dish Each Day.**—Fresh fish. Eggs lightly cooked. Chicken hash. Stewed kidney. Stewed liver. Thoroughly ripe fruit may be allowed with this meal in small quantity.

**Dinner—DAILY.** (i.e., only once a day) Clear soup. Meat cut into small pieces. Bread and butter. **TWO DISHES A DAY:**—Potatoes, spinnach, stewed celery, cauliflower, hominy, macaroni plain, peas, French beans. Junket, rice and milk, or other light pudding.

**Supper—DAILY.** Milk, milk toast, bread and butter, stewed fruit. The child should be trusted to

**Good Nature, if not inborn, should be cultivated.**

satisfy its appetite at each meal. Fried foods and highly seasoned dishes should always be avoided. Salt but no other condiment should be allowed. Pure water must be the only drink other than milk.

**Food at School.**—From the age of ten to eighteen is the most critical time in the life of an individual, and too many parents think more of the mental development of their child than they do of the physical. This is another sad mistake. Do not hasten them. Give them every chance to perfect their muscular development, and their mental faculties will improve *pari passu*.

Everything depends on good food and its proper administration. Another point which is constantly overlooked is the rapidity and activity of the digestive functions in every growing youth in both sexes. Provision should be made for some plain and wholesome food such as bread and butter for the hungry boy or girl at other than ordinary meal times. The rate of growth in an individual cannot be regulated by general rules, and when this is taking place with such rapidity, larger quantities of food are required.

The objections which children develop to certain food substances should, if possible, be corrected in early childhood. It is often too late to do so at school. There are a great many children who grow up with a decided distaste for milk. This is no doubt often the fault of the mother, who does not educate the child to it as she should. Any child will acquire a liking for milk, if persevered with by its mother in a firm and pleasant way. And it is her duty to take these precautions with her offspring. Children should have good candies occasionally, for their craving is a natural one and should be gratified.

**Brain Building is an Important Art.**



Young children, less robust, should be given no task before breakfast, not even piano practice. There is no doubt that the anæmia and constipation, which is so commonly seen in young developing girls, is due to the insufficient supply of desirable and required foods. Quality of a kind is what is necessary. The constipation is due to deficiency in fresh vegetables, and the want of a sufficiently bulky and stimulating diet. Anæmia is the direct result of imperfect supply of animal flesh, and lack of exercise.

**A Frequent Practice in Feeding Infants.**—It is such a common thing to hear parents remark, "we give our baby a little of everything on the table." In following such a practice no doubt you are exercising your best judgment, and that there is nothing more remote from your mind than to do your child harm. But while you are doing the best you know, it does not necessarily follow that you are doing the best that can be done. Every time you indulge your child in food unnatural to its age, you are driving a nail in its coffin.

It is all very well to say that your parents gave you such, and you felt no ill effects in consequence. The reason you say this is because you cannot accurately determine the character of a single physical ailment that you have, or distinguish the cause from its effect. You are well aware that you have no physical disturbance without its relative cause. That being true, why is it that such a large percentage of our people complain of stomach troubles? There are not five people in every hundred who are free from dyspepsia or indigestion in some form or other.

It is not very hard to understand this when you know that the improper action of the stomach in ma-

**Brain Worry impairs Young or Old.**

tured people is largely due to the fact that the functions of the stomach have been distorted during childhood days by unnatural feeding.

To say that your parents gave you this or that, and you feel no ill result from it, proves nothing. You must remember that our forefathers of a comparatively few generations back used to walk about the sea coasts, or in the forest shades of their island homes, without covering other than a piece of goat-skin thrown over their shoulders. These earlier generations frequently and commonly subsisted on dead fish thrown up by the sea, and munched with zest the acorns which the giant oaks supplied them. But they had the physical organism of barbarians, and as such could subsist solely on coarse, uncooked diet. To-day, of the millions of their descendants not one could survive such conditions, were they thrust back into them.

As a matter of fact few survived them then, as the rate of infant mortality among savages is always high.

A newer and better order of things has taken place, and we can truly say that we are only now learning how to live and prolong life.

You will find that children brought up under conditions where care has been exercised in feeding, make men and women with constitutions better fitted to resist the diseases of after-life.

Indiscreet feeding of children leaves the stomach and bowels in such a condition as to induce disease of the severest type, whereas if care is exercised during the first ten years of their lives, they will pass through that period with little or no trouble.

Therefore, mothers, be careful, and do not allow your children to have heavy food until their permanent teeth are developed. Exercise care regarding

**The Temper of a Child is developed by Fretfulness.**

what goes into their stomachs, and you will give them that which is better than gold, a good constitution.

But, if from short sightedness in this matter, you give your child poor health, it were better it had died in infancy.

**Hot Water Healthful.**—Headache almost always yields to the simultaneous application of hot water to the feet and back of the neck.

A towel folded, dipped in hot water, wrung out quickly and applied over the stomach, acts like magic in cases of colic.

A towel folded several times and dipped in hot water, quickly wrung out, and applied quickly over the seat of pain, will, in most cases, promptly relieve toothache and neuralgia.

A strip of flannel, or towel, folded several times lengthwise, and dipped in hot water, then slightly wrung out, and applied about the neck of a child suffering with an acute attack of croup, will usually relieve the sufferer in the course of ten minutes if the flannel is kept hot.

Hot water, if taken freely a half hour before bedtime, is one of the best possible cathartics in severe cases of constipation, while it has a most soothing effect upon the stomach and bowels.

There is no domestic remedy that so promptly cuts short congestion of the lungs, sore throat, or rheumatism as will hot water when applied promptly and thoroughly.

**Like Mother, like Child.**

## THE TEETHING PERIOD.

The teeth should receive constant care from the time they are erupted, as good teeth are essential to proper mastication, upon which good digestion so largely depends.

Whilst cleanliness of the teeth may be maintained to a great extent by mechanical means, the value of a suitable antiseptic wash, that has been thoroughly tested by time and experience, cannot be over-estimated, as a tooth kept perfectly clean would, in all probability, never decay.

The period of teething is a very critical stage in infant development, and during it the greatest possible care needs to be exercised. The teeth are formed in close sacs and in rising to the surface in the progress of their growth they slowly penetrate the gum from below. This process of cutting the teeth only becomes a source of disease by its reflex influence on the delicate nervous system of the child. The period of detention is, in fact, one during which the whole organism of the infant undergoes a revolution in changing from an exclusive milk diet to one of a more solid and complex character,—in the course of which the entire digestive system experiences a corresponding development. The diseases to which the infant is particularly subject at this time correspond in importance with the radical physiological changes taking place in the system. If these ailments appear to be directly due to the cutting of teeth, it is because complex antecedent causes of disorder have prepared the way for a morbid change of condition which is ready to be developed into activity on comparatively

**Maternal Irritability makes Irritable Children.**

slight invitation. Two lower front teeth make their appearance at seven or eight months from birth, two upper front teeth at from eight to ten months and so on at intervals until the close of the second year when the first set is usually complete. The accompanying diagram represents very clearly their order of eruption.

Children have two sets of teeth—the milk teeth, of which there are twenty, and the permanent teeth, numbering thirty-two. The function of the milk teeth is readily understood from the name, which indicates that so long as the child has these teeth its food should be of such a character as to demand the smallest amount of work from them. The diet should be soft and easy of digestion. When Nature intends children to assimilate heavier foods requiring more mastication, she then, but not till then, provides them with suitable and permanent teeth with which to grind and separate the particles of food preparatory to swallowing them. This almost invariably occurs after the sixth year. When these facts are borne in mind, the advisability of using sound judgment in the selection of proper food will be sufficiently apparent.

The most frequent troubles of the teething period are:—Pain occurring when the tooth is cutting through the gums, swelling of the gums from congestion, thrush, ulcers of the mouth, and reflex disturbances such as fevers, vomiting, diarrhoea, constipation, etc. Catarrh of the stomach and bowels also is often caused by fermented and undigested food. Some symptoms associated with the above-mentioned ailments are bloating, rifting up of wind, vomiting of curdled milk which is rank and sour smelling, laxity of the bowels, which, if unchecked, may result in convulsions and death.

**A Happy Head rarely Aches.**





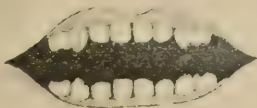
Two teeth at 7 to 8 months old.



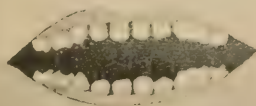
Six teeth at 9 to 10 months old.



Twelve teeth at 12 to 14 months old.



Sixteen teeth at 18 to 20 months old.



Twenty teeth at 2 to 2½ years old.

If, about the time the teeth begin to cut, you examine the baby's mouth, you will find the lining of the mouth and gums congested and a coating over the tongue and also on the inside of the lips and on the palate. The infant will be very feverish, cross and restless at night, starting suddenly from sleep, crying and suffering intensely from dyspepsia and wind colic.

When the tooth is making its appearance, the baby is extremely fretful, and is subject to those agonizing crying fits which apparently nothing will pacify. At first rubbing over the cutting tooth gives partial relief, but later it becomes too painful to touch. Fever then comes in spells, and of such a character as to prevent sleep until towards morning, when the infant gradually cools down and dozes for a few hours.

This is where DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP comes to your aid. It has one specific action. It operates on the entire alimentary system from the mouth down through the stomach and bowels, correcting their irregularities, restoring their tone, and placing them in the most favorable condition for the proper fulfilment of their functions.

It relieves congestion of the gums, and allows the teeth to come through easily.

It is particularly effective in ridding the system of that sour smell so characteristic of teething children, the cause of which also produces such violent attacks of wind colic.

It is the only remedy for infants which tones up the stomach and bowels, preventing pain, vomiting, diarrhœa, accumulation of wind and convulsions, and arrests the development of those microbes which often assail a system weakened by sickness with fatal effect.

**Parents, provoke not your Children.**

It quickly soothes the infant distracted by suffering and gives complete and permanent relief.

The child should have completed the teething process at the end of its second year, when, if by proper care in regard to food and sanitary conditions, its development has been healthy and normal, its



condition should be as follows:—It should have twenty teeth. The opening of the head should be closed. It ought to be able to walk alone, with straight back and well-formed chest. The bowels should act regularly. It should sleep soundly and play well, should say several words and phrases, and should have a good skin color and firm flesh.

**Nature's Restorer—Balmy Sleep.**

## CLOTHING FOR CHILDREN.

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Health and comfort rather than style or appearance should be the first considerations in dressing children, and to secure these ends the texture and make of clothing cannot be too carefully studied. In childhood, warmth is the first essential. Children lose heat rapidly for two reasons, firstly, because the circulation is quicker than in adults and more blood comes to the surface of the body, and, secondly, because in children the surface of the body has a greater area in proportion to the bulk of the body than in later life. Consequently children should be kept more warmly clad than adults, and the greatest caution should be exercised to see that the legs, arms, neck and chest are well protected, as they are more susceptible to the effects of chills than older people. For this reason woollen fabrics are the best, as wool is a bad conductor of heat and a great absorber of moisture. These two qualities give it special value as material for wearing apparel. During perspiration the moisture of the body is quickly absorbed by woollen clothing, reducing the heat by hastening heat radiation; while in cold weather, being a bad conductor, it retains the heat longer than other substances. As regards absorption of body perspiration, wool stands first and cotton last in the amount absorbed. Cotton also conducts heat more rapidly; its advantages are cheapness and durability. Linen takes up moisture better than cotton and is a better conductor of heat. Cotton, however, is an important texture as a protector against heat and solar rays.

**Cleanliness is next to Godliness.**

White is the best in this respect; then gray, yellow, pink, blue and black follow in the order given.

While a proper degree of protection against cold is so necessary, it is possible to go to the other extreme. Children should not be dressed too warmly, because the inequalities in the circulation resulting will be injurious to their growth and vigor. Clothes which bind any portion of the infant tightly may press important parts out of their natural position. Loose clothes are warmer than tight ones and give freer play to the muscles which produce the natural heat arising from exercise.

Any exposure in the body or limbs of either infant or older children is unwise for the reasons previously given. The practice of dressing children in kilts or short hose is a highly pernicious one, especially when our variable climate is considered. On warm sunny days it may do no particular harm, but sudden changes of temperature often occur, and render such a dress an entirely inadequate protection against chilling wind or penetrating cold. Inconsiderate parents often send their children out half dressed in this fashion in weather when adults are glad to wear wraps and overcoats, and their little legs get blue and the skin puckered with exposure. This foolish habit frequently lays the foundation for pneumonia, bronchitis and a host of other ills.

**Abdominal Band.**—This is usually of light, soft flannel and is applied smoothly over the dressing of the cord and kept in place by safety pins. Later on this bandage can be replaced by a knitted one—or by an elastic knitted garment half band and half shirt, with shoulder straps of the same material to hold it

**Begin to Educate Offspring before they are born.**



in place, and a tab in front to fasten it with a safety pin to the napkin.

This shirt can be made of soft wool or silk or can be knitted in any form or size from half cotton and half silk. This knit material can also be used for other underskirts.

These are the best garments one can use. They are warm, soft and delicate, have no seams, can be washed without shrinking and retain a larger degree of their elasticity than those made from other materials.

To save the washing of napkins it is a very good plan to put small squares of gauze in the middle of the napkin. This will in a great measure obviate the more disagreeable part of the napkin washing as the square of gauze will hold most of the movement and can at once be burned.

The infant while in long clothes need not have any further covering for its legs and requires nothing on its feet. There is, however, no particular objection to little knit socks if the mother wishes to use them.

After the nurse has put on the band and napkin, there remain three garments to complete the usual outfit of long clothes—the shirt, the petticoat and the dress.

**Shirt.**—The shirt has long sleeves and high neck—almost as long as the outside white slip or dress. Unless it is knitted it should be made of soft, white all-wool material, with the seams finished on the outside to prevent irritation of the skin. It is made to button at the back.

**Petticoat.**—A flannel skirt cut all in one piece as the shirt is, made of fine flannel, with no sleeves and

**A Mother's Duty is serious to contemplate.**

low neck, represents the petticoat. It should be long enough to go over the shirt and the same length as the dress, buttoning at the back. It can be embroidered to suit the taste of the mother, but the shirt must be plain.



**Dress.**—The outer garment should be made of some soft, white material, such as nainsook—large enough to go over the shirt and petticoat with high neck, long sleeves and buttoning behind. It is usually about one yard in length from the neck to the bottom of the skirt. It ought not to be starched. The advantage of this costume is that it is loose but warm,

**A Mother's Responsibility is Momentous.**

and that the three pieces which constitute it can be put on together, the infant having only to be turned over once before the clothes are buttoned.

Before the baby has had its bath these three articles of dress can be arranged one inside the other ready to be slipped on all at once. The dressing process can thus be got through quickly, without the usual accompaniment of irritated cries so frequently heard in the nursery. When the child is old enough to discard long clothes for short ones, which is about the time when it learns to creep, the under garment can be replaced by a knitted or fine all-wool undershirt, with high neck and long sleeves, made short, with an additional white petticoat in winter if desired.

**Stockings.**—The infant should now have its feet and legs incased in long white wool stockings, which are kept in position by being pinned to the napkin. When the child begins to walk, soft kid shoes should be worn with the soles adapted to the natural curves of the feet. Short stockings and bare legs as the child grows—and parents, perhaps, thinking it less necessary to guard against cold—are the prolific sources of catarrhal conditions. Notwithstanding the fact that some children have been known to grow up well and strong with uncovered legs, there were many of their contemporaries who did not live to grow up, and others whose constitutions were impaired for life, owing to the ignorance or folly of their parents. Stockings should be white to insure freedom from poison, or dyes, which seriously affect the skin of the young—so that although the use of colored stockings may decrease laundry bills and avoid the trouble of frequent changes, they should never be tolerated.

**All Woman's Charms centre in Motherhood.**

Three garments, the flannel petticoat, the white petticoat, and the dress usually complete the short clothes. They should be made large enough to fit on one over the other and thus be put on all at once.

**Flannel Petticoat.**—The inner garment next to the shirt has a flannel skirt, a cotton waist, low neck and no sleeves and is fastened with buttons behind.

**White Petticoat.**—Next comes a garment with a skirt of some soft, white material with cotton waist, low neck and no sleeves, also buttoned at the back.

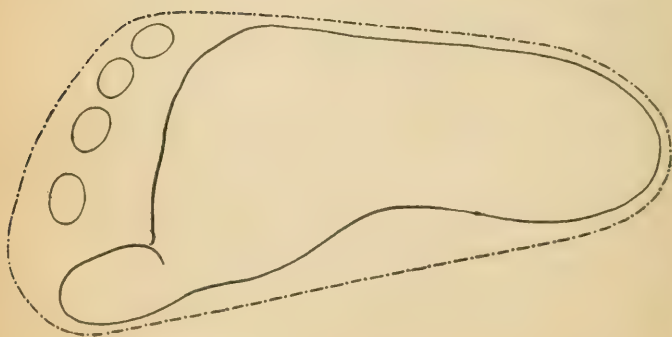
**Dress.**—Finally over all comes the dress which should be made with a high neck and long sleeves, to button behind like the others.

**Night Dress.**—A regular night dress can now be used made of soft flannel, with high neck and long sleeves—fastened at the back.

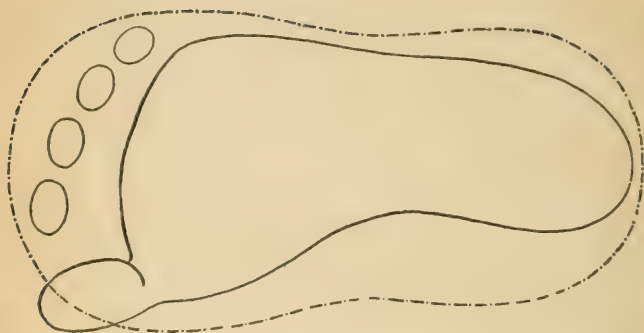
**Foot Wear.**—Though the feet of young children may be well formed, they are very weak, so that the arch is easily broken down. Children should not be allowed to walk until some time after they are able to do so, but it is difficult to restrain them if they are determined on it. As they grow older, long walks with their parents or nurse should be forbidden, as they are apt to cause much injury. It is a bad practice to encourage an infant who is just beginning to toddle to walk across the floor just to show it off.

Children's shoes should be right and left just like those of adults, as the present style of straight shoe gives no support to the instep during the very important period of its growth. The children's shoes, as usually sold, have the two sides of each shoe symmetrical and equidistant from a line drawn down

**Pain is but a Warning Penalty for Transgression.**



PROPERLY FORMED SHOE FOR INFANT.

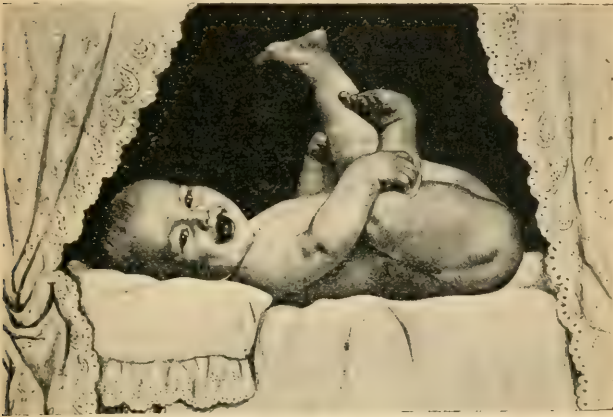


IMPROPERLY FORMED SHOE AS GENERALLY WORN.



the middle. The right and left can only be distinguished by the arrangement of the buttons, and are frequently worn interchangeably. Now the two sides of the foot are very different as can be seen at a glance at the soles of this one-and-a-half year old child.

In the shoe on the left side of the picture you will see that the great toe will force the second toe backward, producing the distressing "hammer-toe," which



may require amputation. This pressure is continued through the other toes and to the joints of the foot until finally the muscles supporting the arch of the foot are atrophied and give way, producing "flat foot." For these reasons the shoe should be properly adapted to the child's foot and in addition to being comfortable, leave the foot free to develop without undue pressure on any part.

**Give no Stupefying Drugs to Babies.**

### TREATMENT OF DISEASES.

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**Inflammation of the Breasts.**—Some infants, during the early days of life, are subject to a swelling and hardness of one of the breasts, especially around the nipple. A small quantity of milky secretion, which is called "witches' milk," exudes from the nipples on pressure. It occurs in boys as well as in girls. Old-fashioned nurses used to squeeze out this fluid and often set up an inflammation which resulted in the formation of an abscess. The best way to cure these cases is to keep them thoroughly clean by washing with sterilized water, and then apply a compress or bandage with a little simple ointment on it.

**The Tongue — Its Indications in Health and Disease.**—An impression which largely prevails is, that particular varieties of coated or furred tongue are associated with particular diseases. This is to a great extent a mistake, as a typical typhoid tongue may be seen in persons suffering from quite different diseases. The state of the tongue is a fair index of the state of the stomach. In fevers, owing to the great weakness, the child lies with open mouth, and takes only liquid food. As a consequence the tongue muscles are called into play very little, and the tongue furs and becomes dry like parchment. This dry tongue always calls for treatment, and when a mother puts her washed finger on the child's tongue, and finds it dry and rough, she should immediately resort to sponging over the whole body with lukewarm water every 2 or 3 hours. Do not be afraid that sponging will give the child cold under these conditions, for a fever patient never takes cold.

**English Teething Syrup is Reliable.**

If your child does not quickly improve, send for your family physician at once.

Remember this work is not written to fully treat children's diseases. It but gives every intelligent mother a few hints which may help her in simple cases. Your physician will approve of this course, as he alone can give you the scientific advice you require, and in any case never delay sending for him, when your good sense deems it advisable.

**In Cases of Furred Tongue** you will be able to remove a part of it by cleansing the mouth thoroughly with any of the washes advised under the treatment of Thrush.

**Simple Ulcers of the Tongue** are usually due to disordered stomach and are quickly relieved by DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP, 15 to 30 drops three times daily, and keep the mouth disinfected by the washes recommended in treatment of Thrush.

**Thrush**, a membranous disease, not only of the tongue, but of the inside of the mouth generally. Hand-fed babies are the usual subjects of this disease. If the mouth is examined early, you will notice that the covering of the tongue is much deeper red than usual. The redness is not in patches but uniform, with the surface of the tongue sticky. In the course of a few hours, tiny white patches like bits of curd appear on the tongue near the tip and edge, and on the inner side of the lips and cheeks. These are at first circular, and increase in size gradually, until they run together, forming a continuous layer throughout the mouth. In the course of a few days these turn yellow, become detached, bleed, and are

**English Teething Syrup does not Stupefy.**

very sore. During the whole of the time the child is more or less ill, and because of sore mouth, may not nurse. The bowels are usually relaxed, and often there is troublesome diarrhœa, which is sour smelling and pasty. If the child becomes worse it gets drowsy and stupid—the diarrhœa continues—with the bottom



red and sore. This last indication gives rise to the popular belief that the Thrush passes completely through the child. Experience has shown that strict cleanliness is more effectual in preventing and curing the disease than any other means. Children who are

**English Teething Syrup Comforts Crying Children.**

well managed and carefully treated usually recover without any grave symptoms in the course of a few days. On the contrary, if neglected, they will be subject to Gastro Enteritis, becoming exceedingly puny and thin, unable to take food, and at length weakened by continual diarrhœa, die exhausted. The treatment of Thrush is very simple, and it may be said with truth, that if the milk is sweet, and the nurse clean, children would never have this trouble.

The local treatment is to remove the patches very gently with warm carbolic water (15 drops of carbolic acid to half a cup of warm water); or as the eminent physician, Dr. West, advises:—Half dram of borax and one dram of glycerine in an ounce of water.

**Borax and Honey Should Never be Used.**—It is an old time remedy that should be banished from the nursery, as the honey in the mixture tends to increase the trouble.

Give the infant DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP:—Half-teaspoonful four times a day, and it will quickly recover. If the child's stomach is kept in a healthy condition by the use of this valuable remedy Thrush will not be seen.

**Croup.**—This disease usually occurs in children between the ages of 2 and 5. The child goes to bed apparently well, with the exception of slight hoarseness or cold in the head. After a few hours' sleep he awakens suddenly with alarming symptoms of strangulation. Every mother knows the disease, but I especially refer to it here, as it is one of those diseases which is apt to deceive the unwary mother. Croup is either the most simple or the most terrible of all diseases.

**Remember English Teething Syrup cures Teething Rash.**



**Simple Croup** passes off after a dose of wine of ipecac, or alum and sugar, which makes the child vomit.

If croup—no matter how often the child has had it—does not pass off in a few hours get a physician immediately, as it may be Diphtheritic Croup that has developed. This form of Croup is often called Membranous Croup, and is undoubtedly the most fatal form of Diphtheria, requiring immediate skilled treatment.

**Best Emetic for Simple Croup.**—Give teaspoonful of equal parts of powdered alum and sugar, or a teaspoonful of wine of ipecac every 10 or 15 minutes. Steaming is a splendid home remedy and may be carried out by placing the child in its high chair, under which is a large pan of hot water, and over the child and chair make a tent of sheets. If the infant is very young the mother may go under the tent to support it.

**Hives.**—This skin affection appears suddenly and as quickly disappears. It is accompanied by intense itching and burning, and may show itself on any part of the skin. It is commonly due to disordered stomach or undigested food, and should be treated by giving Dr. Hammond-Hall's English Teething Syrup, according to directions, changing the patient's accustomed diet for a few days, and applying locally a lotion of carbolic acid and water. The latter should be mixed in the proportion of a teaspoonful of carbolic acid to a breakfast cupful of water.

**Eczema.**—This disease has been so ably treated of by Dr. Bulkley, of New York, physician of the New York Skin and Cancer Hospital, that the following

**English Teething Syrup promotes refreshing rest.**

condensation of his article is given:—A very large share of all cases of eruption in children is due to this trouble, which indicates faulty nutrition. When it occurs in nursing infants, attention should be paid to the mother as well as to the child. Sometimes it is owing to derangement of digestion, caused by substances the child has taken in addition to the breast milk, but as often it is due to faulty milk. This may be due to anæmia in the mother, when a course of Dr. Hammond-Hall's Nervo-Heart Pills will improve the nutritive character of the milk. Again, it may be dependent upon indigestion in the mother, when careful treatment of her will be necessary, or in yet other instances the character of the breast milk will be altered by her diet, tea, chocolate or beer, which are often taken for the purpose of increasing the milk. Such drinks are frequently detrimental to the infant. In these cases the mother should be limited to milk only, one hour before each meal and during the night.

When the child is beginning to be fed, errors regarding nutrition may occur tending to produce eczema. Wheat prepared in a special manner has been found of great service in connection with infants so affected. It is prepared thus: A small teacupful of ordinary crushed or rolled wheat or wheaten grits is put into a pint of cold water in a china receptacle of a double boiler, such as is used for rice or milk. This is placed on the fire at the time of preparing the evening meal, and allowed to cook slowly for two hours. It is then set aside, properly covered, and allowed to stand all night. In the morning more water is added, and it is allowed to cook slowly again for two hours more. It is then turned out on a fine sieve and rubbed with the bowl of a spoon, more water being added, if necessary, until the soft portion

**English Teething Syrup cures Hives.**

is made to pass through completely. Thus a gelatinous pulpy mass is obtained, representing all the nutritive properties of the wheat kernel. This will mix readily with water or milk, and pass easily through the feeding bottle. It should be prepared in this manner fresh every day, and will be found agreeable and highly serviceable, and may be freely given even to very young infants. Diluted with water, it is



superior to the barley water so commonly employed. Owing to the ignorance or lack of judgment on the part of parents, the nutrition for the child is often left to chance or uneducated subordinates. In cases of eczema especially, it is essential that the physician sees that the infant is properly fed.

Most persons caring for children with eczema will attempt to keep the diseased surfaces clean by repeated washing, yet there is nothing more prejudicial to the skin thus affected. It will often be weeks before this

**Give English Teething Syrup for Inflamed Gums.**

should be permitted, and then it must be done in the most careful manner possible, at rare intervals, and with exact directions as to the subsequent dressing.

Soap cannot cure eczema, and many of the preparations of this nature widely extolled as remedies are harmful. Castile soap, often used under the impression that it is good for skin diseases, is made with a soda alkali, and will often be found very irritating to an eczematous skin. Any good pure potash soap is better.

Tar soap is thought efficacious, and under certain conditions seems satisfactory, but sometimes proves irritating, and is certainly not the curative remedy some might imagine. Zinc ointment has been a boon in cases of eczema, because it affords a simple and non-irritant dressing in most cases. But it is a relatively inert and ineffective remedy when used alone, though with certain additions it often proves of the greatest service. Ichthyol, two to ten per cent., and salicylic acid, powdered, two to five per cent., in zinc ointment, are often most valuable in these cases. The old tar and zinc ointment

R	Unguent Picis	2 drams
	Zinci oxide	1 “
	Unguent aquæ rosæ	6 “

often affords the best dressing possible. To be effective, an ointment should be kept in very close and constant contact with the part; and the common method of smearing the surface, and then placing linen or other covering upon it, seldom suffices for the proper treatment of eczematous surfaces, where the disease is at all severe. The ointment should be thickly spread upon the woolly side of lint, cut to fit

**Tait's Worm Tablets are safe and sure.**

the diseased surface, and then bound firmly on with gauze bandage. For the face it is not often desirable to thus bind it on, but it should be re-applied as often as it is at all disturbed, even many times daily.

A device for restraining an infant afflicted with this disease from scratching and tearing itself consists in the use of a small pillow case, with an opening at the closed end sufficient to admit the head being passed through it. This is drawn down over the baby and secured from being raised by means of a safety pin between the legs. A few more safety pins suffice to secure the arms in place at the sides, thus making it impossible for the child to reach its face or even the other hand. The little patient becomes accustomed to it very readily, and does not seem to dislike it more than many of the other restraints of childhood. Many parents who have used it heartily approve of the method.

**Itch.**—This disease is not nearly so common as formerly, owing to the general adoption of more cleanly habits than once prevailed. Should it make its appearance, all the clothing—both bedding and wearing apparel which may have been in contact with the disease—should be thoroughly steamed. The child must be well washed with soap and water at bedtime. After drying, apply the following ointment—

Sublimed Sulphur, 2 drams.

Balsam of Peru, 1 oz.

Petrolatum, 1 oz.

This preparation is to be applied all over the body, except the head, and to remain on over night. In the morning wash off with soap and water. Then thoroughly powder the skin (1 part of oxide of zinc

**English Teething Syrup is always safe.**



and 7 parts of starch). Continue this treatment for three or four days, and then, if a cure is not effected, repeat it in a few days.

**Jaundice.**—This seems to be caused by the disturbance which takes place in the circulation in the liver as a result of tying the umbilical cord. It usually passes off in a few days without any medication. However, if it persists it may be a symptom of a serious disease.

**Pediculi, or Head Lice.**—These are especially prevalent among poor and ill-cared-for children, and cause great irritation. In treating these cases, the hair and scalp should first be saturated with petroleum, which should be allowed to remain on the head for several hours. The nits should then be carefully removed by a fine comb, wet with vinegar. It is usually necessary to repeat the treatment for two or three days.

**Seborrhoea of the Scalp.**—This is an incrustation of a brownish yellow color on the top of the head, and should be gently and gradually removed by first soaking with warm sweet oil to loosen the crusts, and then washed off with soap and water. The application of a little simple ointment will usually prevent its return.

**Pin or Thread Worms.**—The most common symptom of the presence of these parasites is great irritation and itching. *Tail's Worm Tablets* destroy and expel worms, and are pleasant and harmless to children. Salt and water as an injection sometimes answers well—a teaspoonful of salt to half a pint of water.

**Nervo-Heart Pills** make pure, rich blood.

**Diphtheria.**—If there is an Isolation Hospital in the neighborhood, diphtheria should never be treated at home. Diphtheria, of all diseases, requires skilled nursing, and the strong, sympathetic feelings of a mother for the sufferings of her little one, in most cases, prevent her retaining that measure of coolness and good judgment in a crisis which a trained nurse possesses. Moreover, the removal of the patient to a hospital, where every convenience is provided, offers the invalid a much better prospect of recovery.

**Hiccough.**—Give a little sugar and water, or sweet spirits of nitre sweetened; or, best of all, DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP.

**Treatment of Burns and Scalds.**—Take a quart bottle, place in it a dram and a-half picric acid and three oz. alcohol; fill bottle with water, and it is then ready for use. Remove the clothing from the injured part. Cleanse the part as thoroughly as possible with a piece of absorbent cotton soaked in the lotion. Prick all blisters and let out serum. Soak strips of gauze or old cotton in the lotion, and apply evenly over whole surface. Put thin layer of absorbent cotton over this and bandage. Renew this in three or four days. Second dressing is left on a week. If this lotion is not kept on hand, apply baking soda thoroughly and freely over the parts and bandage. Equal parts of raw linseed oil and limewater is often used, but is not as good as the foregoing. Carbolic acid and glycerine, in the proportion of 1 to 20, is good for removing pain and is very healing. Apply to burn directly, and cover with a bandage saturated in it but not tightly drawn.

**Earache.**—This is one of the most distressing troubles that an infant is subject to, and one of the

British Chemists' Company's Remedies are all reliable.

most important. They cry most piteously, and nothing can soothe them. If you watch them, you can tell which ear is affected. The infant will either pull it or rub it. Never use a syringe for a child's ear, as



it is extremely dangerous, except in the most experienced hands, and it may injure the patient for life. The simplest and best plan is to soak a piece of absorbent cotton in quite warm water, and squeeze it into the child's ear; then dry carefully. Or you may

**Mothers send for Dr. White's book on Female Complaints.**

drop a very few drops of laudanum or sweet spirits of nitre into the ear, and then put in a small piece of dry absorbent cotton. This may be repeated again in a few hours. If the ear breaks, it should be washed out two or three times a day with plain boiled water. If a very offensive odor comes from it, use a solution of carbolic acid and water (4 drops of carbolic acid to a tablespoonful of water).

**For Sore Eyes.**—The only thing you can use with safety is a solution of boracic acid (10 grains of boracic acid to an ounce of water), and use three or four times daily. All diseases of the eye should be seen by a physician.

**A Good Laxative Mixture**, which pregnant women can safely take, is compounded as follows:—

R Kasagra (Stearns), 1 oz.  
Spts. Lavand Comp.,  $\frac{1}{2}$  oz.  
Elix Simplicis ad. qs., 4 oz.

Two teaspoonfuls before each meal.

This dose can be either increased or decreased according to its effect.

The best tonic pills for a woman who is run down are Dr. Hammond-Hall's Nervo-Heart Pills. As most diseases arise in consequence of poor blood, these pills are specially indicated for women who have become run down in health from overwork and overworry.

**Cholera Infantum.**—There is not much doubt that cholera infantum is caused by a specific micro-organism, although this organism has not yet been discovered. It most commonly occurs in the first two years of child life, and its development is largely, if

**English Teething Syrup cures Bowel Complaints.**

not wholly due to improper food, for it has been noticed that children who are fed exclusively on pure food, such as breast milk, are not likely to be attacked by it.

**Symptoms.**—After a short period of restlessness and discomfort of the abdomen, the infant begins to vomit. The vomiting is either accompanied or quickly followed by profuse diarrhœa. After the stomach and bowels have been emptied of the food which may happen to be in them at the time of the onset, the vomit and diarrhœa discharges which then follow are of the watery consistency which characterizes this disease. Although the disease is more likely to attack weak and debilitated infants, it frequently attacks those who are healthy and robust. It may result in death in from twenty-four to forty-eight hours. The extremities are cold, the skin is pallid and the face pinched. The abdomen may be a little distended, but is soft and soon becomes retracted. The pulse is rapid and difficult to count. The breathing is quick and superficial, the temperature of the surface of the body is low, and the thirst is great, which is a very prominent symptom. The urine is suppressed, and nervous symptoms, such as twitching of the arms and great restlessness are present. Rapid wasting takes place and all the symptoms increase in severity. At first the child whimpers, but soon it becomes listless, falls into a stupor and may have convulsions.

The disease seems to be self-limited, and if the infant survives the first two or three days, a crisis comes, the skin becomes less cool and of a better color, the vomiting and diarrhœa grow less frequent, and finally it is left with a slight amount of simple

**Give Baby's Laxative Tablets for Constipation.**



diarrhoea and occasional vomiting. These symptoms may become chronic, in which case the infant finally dies of exhaustion, or from an attack of one of the other gastro-enteric diseases, to which it is left very susceptible.

**The Diagnosis of Cholera Infantum** is not difficult if the characteristic symptoms are borne in mind; these are rapid onset, constant vomiting, frequent serious discharges, intense thirst, low surface temperature, collapse, sudden loss of weight, and distressed restless expression, suggesting speedy death, all developing in from twenty-four to forty-eight hours. When the foregoing symptoms present themselves in your child, lose no time in calling your physician, as it requires the most skilful treatment. You are advised of this, as the disease works very quickly and with fatal results.

As a disordered stomach, through the use of improper food, is the sole cause of cholera infantum, you should never be without **DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP**. It is a specific in correcting and controlling the action of the stomach and bowels. Food is digested properly when it is used. Fermentation in the stomach is prevented, which is the cause of colic, vomiting and diarrhoea. Do not wait until the attack comes on, but give it occasionally throughout the whole teething period and you need never fear these troubles.

**Babies like English Teething Syrup.**

### THINGS MOTHERS SHOULD KNOW.

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Here are a few simple remedies and recipes that every mother should be acquainted with. While in any serious case a physician should be sent for at once, there are many slight mishaps and ailments which are not of sufficient importance to warrant calling in the doctor. In more important cases, moreover, there is frequently considerable delay in securing a medical man's attendance, and in remote parts of the country it may sometimes be impossible to obtain the services of a physician. Every woman in charge of a family should, therefore, be prepared for emergencies and know how to proceed in the absence of a physician.

**Water.**—Water is as necessary for an infant as for a grown up person. A teaspoonful once or twice a day, given at a very early period, will be found most beneficial.

Water should never be used to wash over parts that are scalded, or over any part affected by a skin disease, as it makes it much worse.

A teaspoonful of very warm water will often soothe an infant that is restless.

**Scalding and Sores of all kinds.**—Cleanse parts affected with carbolated oatmeal water (teaspoonful of carbolic acid to one pint oatmeal water.) Oil parts with good sweet almond oil, and apply Fuller's earth.

**All Contagious Diseases**, no matter how slight, should be seen by a physician, as well as all persistent

**Tait's Worm Tablets**—sure to expel Worms.

cases of Croup, Cramps, Diarrhœa, Vomiting and like troubles.

By faithfully giving DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP you will avoid all these greater troubles.

**How to make Flaxseed Tea.**—Take two tablespoonfuls of whole flaxseed to a pint of boiling water. Boil fifteen minutes. Cut up a fresh lemon and put in a pitcher with two tablespoonfuls of sugar.

**How to make Oatmeal Water.**—A tablespoonful oatmeal to pint and a half water, set on stove, allow to simmer gently for an hour till it reduces to one pint. Strain.

**Barley Water.**—A tablespoonful of best pearl barley to one pint water. Boil few minutes, stirring constantly. Pour off the water, and add one and a half pints of fresh water to the barley. Simmer gently one hour. Strain.

**Bread Jelly.**—Take four oz. stale bread—soak in cold water eight hours—squeeze out the water—take pulp and boil in a pint of fresh water for an hour and a half. Strain and rub through fine hair sieve. Let cool to a jelly. Should be made fresh night and morning.

**How to put on a Chest Poultice.**—Warm a basin and pour in boiling water. Sprinkle in linseed meal, stirring vigorously till about the consistency of porridge. Spread on tow or old linen, turning in the edges all round. Before applying put to the cheek to feel that it is not too hot. Retain in position on patient by a broad flannel roller. Renew every four

**Baby's Laxative Tablets cure Constipation.**

hours. The poultice should not exceed half an inch in thickness.

**How to Poultice an Abscess.**—Make a poultice in the same way, but it must be more watery, and applied oftener. It is not necessary to have a fresh



poultice each time; one will do a number of times. A good plan is to keep one steaming in a vessel while the other is applied.

**To Make a Mustard Poultice for a Child.**—Make the same as linseed poultice, using one part mustard and

**Baby's Laxative Tablets** are mild and pleasant.

three parts linseed, to be applied for four hours and a fresh one used then if necessary.

**How to Give a Mustard Bath.**—Take a heaping tablespoonful of mustard, make into a paste in a basin, gradually stir into a gallon of water in the bath. This is very useful at the beginning of all acute diseases.

**Arrowroot.**—Mix two teaspoonfuls of arrowroot with three tablespoonfuls of cold water. Add half a pint of boiling water, stirring constantly. Milk may be used instead of water.

**Chicken Broth.**—Skin a chicken and chop it up small. Boil it bones and all with a blade of mace, a sprig of parsley and a crust of bread in a quart of water for an hour, skimming it from time to time. Strain through a coarse colander.

**Mutton Broth.**—Boil one pound of lean loin of mutton without bone, with three parts of water until tender. A little salt or onion may be added according to taste. Pour out the broth into a basin and when cold skim off the fat. It can be warmed as wanted.

**Junket.**—Take half pint fresh milk, heated as hot as agreeable to taste, add teaspoonful of rennet, or essence of pepsin, let stand till curdled. Serve with sugar and nutmeg. An agreeable food for disturbed stomach.



## USEFUL INFORMATION.

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### Measuring Medicine.—

60 drops	equal	one	dram or teaspoonful.
120	“	“	dessertspoonful.
4 drams	“	“	half an ounce or tablespoonful.
8	“	“	ounce or two tablespoonfuls.
20 ounces	“	“	pint.

A child should never be vaccinated while suffering from an eruption, or in ill health.

**The Pulse.**—At birth, the rate is about 150 to the minute; during the first year, it keeps above 100; during second and third years, it keeps at 100 or a little under; during the fourth year, 90, and when five years old, 80, when in health. A child's temperature is not so important as in adults, as it varies with slight causes from 104° to 100°, but natural heat is 98°; a persistent high temperature indicates irritation, inflammation, fever, or disease.

**Dose of Medicines.**—Excepting dangerous drugs, an average dose may be determined by this rule: Add twelve to the child's age in years, and divide the sum by the child's age. The quotient shows what proportion of an adult's dose should be used for a child.

Thus—Suppose child's age is - - 6  
 Add - - - - - 12

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Divide by child's age - 6)18(3, the dose for a child of 6 is found to be one-third of a full dose.

**Baby's Laxative Tablets regulate the Bowels.**

**Baby's Breathing.**—The average rate in the newly born is 39 times per minute, for the first week. A slight disturbance may raise it to 50, 60 or 80, and in perfectly quiet, healthy infants, it may fall to 25 per minute.

Between 2 and 6 years, 23 per minute; and between 6 and 12 years, 22 per minute is the average breathing rate.

**Sleep** should be procured without stupefying drugs, and if a child is in perfect health it will come naturally, or by simple suggestion. If irritable, restless, or in pain, give **ENGLISH TEETHING SYRUP**, which brings natural, refreshing rest, without opiates, alcohol or narcotics, or any stupefying, hurtful drug. By allaying feverish excitement and all irritation, it naturally **COMFORTS CRYING CHILDREN**.

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### **BAD HABITS CURED BY SUGGESTION.**

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A simple remedy for finger-sucking and nail-biting is suggestion, which has a remarkably strong influence even in the case of young children. In the case of a child addicted to habits of this character, do not get cross and angry every time you see it in the act. Say to it pleasantly, "Mamma does not like to see her little one doing that—I'm sure you will not do it again." Do not make the child promise not to do so, but every time the practice is repeated say: "Why my little one seldom sucks his finger at all now—he has almost stopped it." Experience has shown this plan to be successful. Suggestions made when the child is going to sleep are often effective in preventing bed-wetting.

**English Teething Syrup contains no opiate.**

## CONTAGIOUS AND ERUPTIVE DISEASES.

It will often relieve a mother's anxiety to know how long after a child has been exposed to a contagious disease there is danger that the disease has been contracted. The following table gives the *period of incubation* or anxious period—and other information concerning the most important diseases.

Disease.	Symptoms usually appear within	Anxious period ranges from	Patient is infectious.
Chicken-pox...	14 days	10-18 days	Until all the scabs have fallen off.
Diphtheria....	2 "	2-5 "	14 days after disappearance of membrane.
Measles.....	14 "	10-14 "	*Until scaling and cough have ceased.
Mumps.....	10-22 "	16-24 "	14 days from commencement.
Rotheln.....	14 "	12-20 "	10-14 days from commencement.
Scarlet fever...	4 "	1-7 "	Until all scaling has ceased.
Small-pox....	12-17 "	1-14 "	Until all scabs have fallen off.
Typhoid fever.	11 "	1-28 "	Until diarrhoea ceases.
Whoop'g cough	14 "	7-14 "	†Six weeks from beginning to whoop.

\*In measles the patient is infectious three days before the eruption appears.

†In whooping cough the patient is infectious during the primary cough, which may be three weeks before the whooping begins.

The following points may help to determine the nature of a suspicious illness.

Character of Rash or Eruption	Date of appearance.	Disease.	Duration in days.	Remarks.
Small rose-pimples changing to vesicles.....	2nd day of fever, or after 24 hrs. illness.....	Chicken-pox.	6-7	Scabs form about 4th day of fever.
Diffuse redness and swelling.....	2nd or 3rd day of illness.....	Erysipelas....	.....	High fever and severe pain.
Small red dots like flea bites.....	4th day of fever, or after 72 hrs. illness.....	Measles.....	6-10	Rash fades on 7th day.
Bright scarlet, diffused.....	2nd day of fever, or after 24 hrs. illness.....	Scarlet fever.	8-19	Rash fades on 5th day.
Small red pimples changing to vesicles then to pustules.....	3rd day of fever, or after 48 hrs. illness.....	Small-pox...	14-21	Scabs form 9th or 10th day, fall off about 14th.
Rose-colored spots, scattered.....	7th to 14th day..	Typh'd fever	22-30	Accompanied by diarrhoea.

TABLE GIVING PROBABLE DATE OF CONFINEMENT.

January	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	November	
October	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7		
February	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28					
November	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5					
March	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28					
December	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5		
April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
January	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5		
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
February	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	
June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
March	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7		
July	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
April	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
August	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
May	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7		
September	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
June	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7		
October	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
July	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7		
August	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
November	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
October	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7		
September	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
August	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7		
December	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
September	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	

This table presents at a glance the beginning and end of 280 days for every day of the year. Find the date when last menstruation ceased, in the upper line of the horizontal row, and the figure below, with the corresponding month will indicate 280 days. Now supposing that menstruation ceased on the 1st of January, the probable date of confinement would be the 8th of October.

### WHEN CAN THE BABY BE TAKEN OUT?

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If the infant happens to be born in the winter and the weather is at all severe, it is better to keep it in a well ventilated nursery—such as previously described—than to run any risk of its vitality being lowered by exposure to cold. If born in a warmer season of the year or in a milder climate, children, after the first few weeks, can be taken out in a baby carriage twice a day. When the infant is five or six months old, if the sun is shining and the air dry and no wind is blowing, he can without harm go for an hour in the middle of the day even at a temperature as low as 20° or 25° F. When on the contrary the air is damp, or a strong wind prevails, the child had better remain in the nursery. Its eyes should be protected from the direct rays of the sun and its face ought not to be exposed to a heavy wind. No child under three years of age should be out of doors at any season of the year after sunset, and bedtime should not be later than eight o'clock.

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### WHAT TO DO TILL THE DOCTOR COMES.

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**In Convulsions.**—Put infant in hot bath with cloth soaked in cold water to head. Also give large injection of warm water.

**In Vomiting.**—Stop all foods. Give white of egg and water; the white of one egg to two-thirds of a cup of water. Add two teaspoonfuls of good whiskey, slightly sweeten, and give a teaspoonful occasionally.

**Baby's Laxative Tablets**—the candy cathartic.



**In Diarrhoea.**—Give a dose of rhubarb root and soda. Lessen food, and give egg and whiskey mixture. Diarrhoea is dangerous and must be watched. We give no recipe for diarrhoea, as it is usually the result of teething or some kind of irritation to the stomach or bowels by improper or overfeeding. This condition may be corrected and the stomach and bowels soothed by DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP given in small and repeated doses. On no account give any medicines to check it, except on the advice of a physician.

**In Constipation.**—It may only be necessary for mother to change her diet, taking plenty of laxative fruits. In hand-fed babies use oatmeal water, instead of plain boiled water, or brown sugar may be used instead of white. A splendid thing is to give a teaspoonful of strong simple syrup each morning, until bowels move freely. Give Baby's Laxative Tablets.

**In all Fevers.**—Sponge over the body with lukewarm water every three or four hours, and give plenty of pure cold water.

**In all Cases of Chills.**—Put the child into a hot bath, rub it thoroughly from head to foot, give a hot drink, wrap in blankets and put to bed.

**In all Cases of Head Injuries.**—Lay the child down in a darkened room and do not rouse it under any circumstances until your doctor arrives.

**Bleeding from Cuts or Wounds.**—Do not put on plaster, but take a large absolutely clean cloth, folded very thick, place it over the injured part and

English Teething Syrup never disappoints.

hold firmly with the hand or by tying. Every open cut should be stitched by the surgeon. Every scalp wound, no matter how small, should be seen by a surgeon and such a wound should never under any circumstances be covered with sticking plaster.



**Clothing on Fire.**—If a child's clothing takes fire, seize the nearest table cover, quilt, mantle or other similar article and throw over it. Lay the child on the floor and roll it until the flames are extinguished.

**English Teething Syrup is Reliable.**

**Dirt in the Eye.**—Turn the upper eyelid over a knitting needle or lead pencil so that you can see the whole upper surface of the eyeball, you will then be able to remove the foreign substance with a clean silk handkerchief. Then apply a cold water cloth and keep the light excluded for a few hours.

**Fainting.**—Loosen all garments that may be tight. Bathe the temples with cologne and place the patient with his head low.

**Swallowing Small Articles.**—Children, especially those between 2 and 6 years of age, frequently swallow buttons, coins, safety pins or other insoluble articles. If signs of strangulation are apparent, a surgeon should be summoned at once. If, however, you think the article will pass through the bowels, feed the child on mashed potatoes in which is freely mixed white thread, cut up in pieces about an inch long. These form around the foreign substance and prevent its sharp edges from irritating the bowels. Follow this with a dose of castor oil and watch what passes through the bowels.

### **Some Simple Recipes for Colds.—**

Take 1 quart of thick flaxseed tea,  
1 pint of honey,  
Half pint of vinegar,  
1 teaspoonful of saltpetre.

Boil all together in a clean earthen pot.

Or—a handful of hops in 3 pints of hot water—boil half an hour, strain and add one and a half cups of best molasses and 1 cup of white sugar. Boil down to about one quart. Put in bottles and let the patient drink a little when coughing comes on.

**English Teething Syrup Comforts Crying Children.**

**Foul Breath.**—Give DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP.

**Nightmare.**—Night terrors and night screaming are usually caused by indigestion but sometimes by growths at the back of the nose. If indigestion be the cause, give DR. HAMMOND-HALL'S ENGLISH TEETHING SYRUP, which will be found a sure remedy. Should it be due to growths, consult a specialist on diseases of the nose and throat.

**Snoring.**—This habit is generally due to disease at the back of the throat, or nose, or in the nose itself.

**How to Give an Emetic.**—Common salt—One tablespoonful to a cup of tepid water. Give by teaspoonful frequently. This is not very certain but always at hand.

**Mustard.**—Dessertspoonful to half a pint of tepid water given the same way as salt solution. This is always handy and useful in case of poisoning.

**Wine of Ipecac.**—Teaspoonful every ten or fifteen minutes.

**Alum.**—Half a teaspoonful in honey or syrup. Useful in whooping cough.

**How to Give an Injection to a Child.**—Make half a pint of soapy water, put in fountain syringe; elevate it three feet and then inject slowly. The child should be on its left side or on its back. A tablespoonful of castor oil or two tablespoonfuls of turpentine can be added to each injection.

**Baby's Laxative Tablets do not gripe.**

### WHAT TO DO IN CASES OF POISONING.

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The following directions of what to do when children have taken or inhaled any poisonous substance or gas is taken from a standard work by Dr. Murrell, of Westminster Hospital, one of the foremost authorities on the subject, entitled "What to do in cases of Poisoning." The first thing to do in any such event is to send at once for a physician, but immediate attention to the sufferer may often be the means of saving life or serious illness. The directions below embrace the forms of poisoning most likely to occur in the case of children.

**Carbolic Acid.**—Give first Epsom salts—one tablespoonful in a cup of water—or white of egg in water, which may also be given freely. Then hot brandy and water, keeping the legs warm.

**Coal Gas.**—Give plenty of fresh air. Open all windows and doors, or if in summer take the patient outside and lay him on the lawn on a blanket. Apply smelling salts to the nose—put mustard poultices to the calves of the legs and over the heart. Give an injection of half a pint of hot coffee.

**Sewer Gas.**—Treat the same as for coal gas. Children usually are affected by this from playing in the streets over open gratings, and the attack is often quickly fatal.

**Crayon Pencils.**—These are used much in schools and are often very poisonous. Give an emetic of mustard and water—then sweet oil freely.

**Bee Stings.**—Extract the stings if possible. Apply ammonia, baking or washing soda. A raw onion is a

**English Teething Syrup does not Stupefy.**



popular remedy. Should these fail try a solution of carbolic acid—using a teaspoonful to half a pint of water. If the child be very weak give whiskey and white of egg mixture.

**Opium.**—This is a very common poison, and the child is frequently put under its influence through the medium of various soothing mixtures, cordials and teething powders. This is the expressed opinion of Dr. Murrell given in the publication before mentioned. You can usually tell it from the effects on the pupils of the child's eyes which, under the influence of opiates, become abnormally small. The child is also stupid and heavy. It is said, on good authority, that 15,000 children are annually killed in Great Britain alone by these soothing medicines and teething powders. Some teething powders also contain mercury, which produces irregular ridges on the permanent teeth, presenting a most unattractive appearance when the child attains mature years.

Treatment for overdoses of these mixtures which contain opium in some form.—Give an emetic of mustard and water. Keep the patient moving by slapping or kneading the muscles, rouse him by shouting or by applying smelling salts to his nostrils. Do not give any wine or brandy. Pour cold water on his head from a height, then dry it and repeat the operation.

**Matches.**—Many accidents occur to children from sucking matches. In such cases give an emetic of mustard and water or Ipecac, followed by a dose of Epsom salts. On no account give castor or sweet oil. Cases of death are reported from children having sucked the ends of three matches.

**Give no Stupefying Drugs to Babies.**

### DISINFECTANTS AND HOW TO USE THEM.

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**Copperas.**—Dissolve 1 pound in 2 gallons of water. A simple, cheap and convenient deodorizer for sinks, gutters, privies, etc.

**Chloride of Lime.**—Place on plates. If in cellars or closed rooms add a little vinegar which will strengthen it.

**Carbolic Acid.**—One ounce to 3 pints of water to sprinkle on a sheet hung before the door of the room containing contagion.

**Permanganate of Potash.**—One ounce of permanganate of potash to 3 gallons of water will be found a useful solution in disinfecting clothing in cases of cholera and fever, when such article cannot be immediately boiled. Place the clothes in the solution—then take out and boil well.

### PREPARATION OF THE SICK ROOM IN CONTAGIOUS DISEASE.

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Select a room in the upper part of the house, preferably on the south or east side, removing all articles of furniture except those which are absolutely necessary. Also remove all carpets, curtains and extra mats. Hang a sheet before the door. The room should be thoroughly cleansed with a damp cloth before the patient enters it. It should never be swept after the patient takes possession, as the dust raised by sweeping will be apt to irritate his lungs. It should be kept clean by wiping articles of furniture with a damp cloth. All soiled clothes which are not to be burned should be disinfected with a solution of permanganate of potash as directed.

Try Tait's Worm Tablets.

**TO DISINFECT A ROOM.**

Tightly close all windows, fire places and ventilators. Moisten powdered sulphur with spirits. Place it in a shallow iron pan supported on a couple of bricks in a bowl of water. Light it and keep the room closed for a day. Three pounds of sulphur



must be used for every 1,000 cubic feet of air space. Then open all windows and wash walls, floor and furniture with a solution of permanganate of potash—1 ounce of permanganate of potash to 3 gallons of water thoroughly mixed. Then allow free ventilation for twenty-four hours.

**Tait's Worm Tablets are reliable.**

**SAFE HOME REMEDIES THIS BOOK ADVOCATES.**

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Every mother should be prepared to meet the requirements for maintaining health and comfort in the household, and for such emergencies as arise in the absence of the family physician. The remedies we advise are time tried, safe and effectual, and are the results of scientific medical skill, and are from the favorite formulas of the most skilful English physicians, and are in no sense patent nostrums, but preparations that physicians endorse, and that mothers may rely upon with confidence. First and foremost on the list is—DOCTOR HAMMOND-HALL'S ENGLISH TEETHING SYRUP that *Comforts Crying Children* without the use of hurtful sugar ferments, or opiates and narcotics—in all cases of infantile Wind, Colic, Inflammation, Sore Tender Gums, Indigestion, Gum Rash, Hives, Diarrhœa, Wakeful Restlessness, and the various disturbed conditions during the process of teething.

---

**DR. HAMMOND-HALL'S NERVO-HEART PILLS.**

---

The little *Blood Red Pills* that *make Rich, Red Blood*. Correct the heart's action—promote perfect circulation—strengthen weak, exhausted Nerves—cure the pale and bloodless by imparting good nutrition—cure Nervous and General Debility, Female Weakness, and are a specific in that most distressing of all nervous troubles—Asthma. *See page 96.*

**Baby's Laxative Tablets never sicken.**

## Tait's Worm Tablets.

Destroy and expel worms, with perfect safety to the child. Easy to give, easy to take, certain to cure; either Pin Worms or Stomach Worms. They are sure death to Worms and harmless to children.

Price 25 cents. At all Druggists.

## Baby's Laxative Tablets.

### THE IDEAL REMEDY FOR CONSTIPATION.

Handy, pleasant as candy to the child. Can be simply powdered and rubbed on the tongue of infants, and perfectly safe and salutary under all conditions. They do not purge, sicken, nor gripe. Handy when travelling, requiring no spoon, no water, no bottle liable to break. They regulate the bowels, and promote natural, easy passages.

## Doctor White's Wafers.

### A CONVENIENT LOCAL REMEDY FOR HOME APPLICATION.

In all Female Weakness—Unnatural Discharges, Painful Periods—and all Irritation and Inflammation, as well as displacements of the Uterus and Ovaries. Any lady can apply them unassisted. Safe—salutary—effectual.

For full and special information, send for our literature, and especially consult our other Book, *Dr. White's Treatise on Female Diseases*. Sent securely sealed by mail, on application to

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TORONTO, Can.





## Dr. Hammond-Hall's *NERVO-HEART PILLS.*

**"THE LITTLE  
BLOOD-RED PILLS."**

**Formulated to Cure Weakness of Females.**

**A SAFE, SURE REMEDY** for all functional, sympathetic, disordered conditions of the **NERVES, HEART and BLOOD.** **Loss of Nervo-Vital Fluid, Weakening Discharges, Neurasthenia or Nervous Weakness, Heart Palpitation, Dizziness, Faint Spells, Heart Failure, Asthma, Poor Circulation, Numbness, Rush of Blood to the Head, Headache, Loss of Memory, Lost Vitality from Excesses or Overwork of either sex.** In **Asthma**, that most distressing of all spasmodic nerve troubles, they act like magic. To the anemic, pale, bloodless, languid and despondent sufferer, **Dr. Hammond-Hall's Nervo-Heart Pills** offer prompt relief, and **timely taken will cure every case.**

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### **Dr. Hammond-Hall's Nervo-Heart Pills**

**Create Pure, Rich, Red Blood and Perfect Circulation, Strengthen the Weak Nerves, Weak Heart and Weary Brain,** and fortify the system against dangerous disease. **SAFELY, SURELY, SPEEDILY.**

**IF YOU HAVE ASTHMA USE THESE PILLS.**

They are curing a large percentage of victims of this trouble, particularly in England where the disease is to be found in its worse form. We are the sole proprietors for Great Britain, United States and Canada.

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# Constipation of Children.



Constipation and irregularity of the bowels is a common and dangerous condition of infants and young children, and should never be neglected by the mother or nurse. It is equally common and dangerous to resort to physic and harsh purgatives, such as senna, rhubarb, castor oil, magnesia, etc. They but debilitate the bowels, and their reaction aggravates the trouble.

## Baby's Laxative Tablets

**Are the most agreeable, safest and best.**

**As pleasant as candy. Always handy.**

**Never purge, sicken or gripe.** ❧ ❧

**Devoid of hurtful drugs.** ❧ ❧ ❧

**The only laxative adapted to children  
from birth to the age of thirteen.** ❧ ❧

For very young infants a tablet may be powdered and rubbed on the tongue. Older children eat them like candy.

Their action is always sure, safe and satisfactory.

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**C**HILDREN of all ages are liable to intestinal worms. Weakly, pale and poorly nourished children are most subject to these troublesome pests. Children whose digestion is poor and bowels sluggish, and those who have been improperly fed on sweets and food which quickly ferments, green apples, unripe fruit, etc. Once lodged in the intestinal canal, the vermin multiply rapidly when their eggs are deposited.

### **TAIT'S WORM**

### **TABLETS : :**

often cut up or dissolve the worms, so they may be passed unnoticed. Pin worms or thread worms, and round or stomach worms, are the most common in children. Thread worms appear to the naked eye like short pieces of white thread. They usually exist in large numbers, causing much irritating itching at the anus, from whence they often escape, or are found in the stools. Tape worms are rarely found in children, and require a special treatment. Round worms are several inches long, and somewhat resemble the common earthworm. They vary in number, but are usually single. Sometimes they rise and cause vomiting. Symptoms—Irrregular bowels, disturbed digestion, bad breath, twitching of the lips, picking at the nose, bloated bowels, slimy stools, fever, and often convulsions.

**TAIT'S WORM TABLETS** safely destroy and dislodge all worms infesting the intestines, and require no purgative.

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**PROGRESS OF THE CENTURY.**

It is a mistaken idea that old things are better than new in most instances.

The old-fashioned tallow dip as a light was good in its day, but the modern electric light is better. This applies to medicine as well. Some proprietary medicines are claimed to have superior merit because they are fifty years old; a certain widely advertised syrup for children bears the boast of having been fifty years before the public, and therefore is superior to other remedies. A remedy of fifty years ago is a back number in this wonderful century. Fifty years ago opium was used to quiet restless infants; to-day there are institutions all over our land to cure the victims of the opium habit. In such cases age does not command respect, there are changes, improvements, and reforms in modern progress that apply peculiarly to the healing art, and *materia medica*.—English Teething Syrup is up to date in such improvements and advances of medical science, which the best English physicians endorse.

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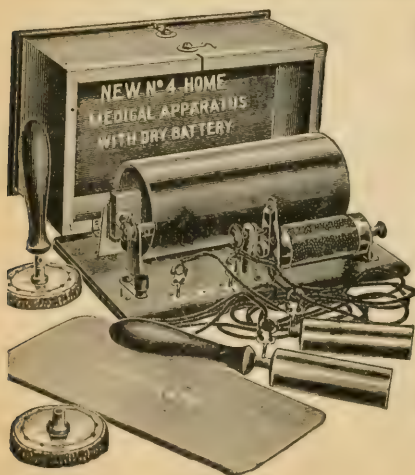
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# Sanitary Washing.

Regarding the sanitary washing of clothes for both the mother and infant we cannot be too emphatic as to the manner in which this duty is performed, and must advise that most searching care be exercised in this direction.

Baby's flannels and baby's linen must be immersed most carefully, and should be treated with **EZE** Washing Compound to make linen snowy white and flannels fleecy soft. All good grocers have it.



**\$7 PRICE \$7**

Owing to the increased demand for the HOME MEDICAL BATTERY we have reduced the price to

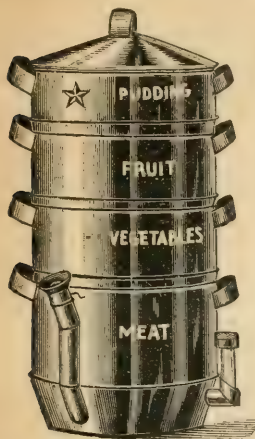
**\$7.00 COMPLETE,**

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The housekeeper's best friend, as thousands of users now gladly testify. This cooker has many important advantages over any other steam cookers on the market, making it easily managed by a child.

Food cooked by steam is more digestible, more nourishing and palatable, than food cooked by any other known method, which fact is conceded by thousands of the best physicians and health schools of the world.

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Offices and Sample Rooms: 198 KING ST. WEST.

*A Few Words to*

## MOTHERS and OTHERS.

**THE  
BABY'S  
TRUE  
FRIEND.**

Our Combined Baby Jumper and Rocking Chair fills a want recognized by all mothers and nurses, as it is safe, practical and convenient, and being handsomely constructed, it is an ornament to the house. A child will sleep the whole night in a Jumper when it will not sleep at all in a bed or cradle. The Jumper should be seen and tested by every mother, as it is the grandest thing ever invented for the baby.

The Baker Adjustable Table is adapted for use over bed, lounge, chair, etc. The leaf can be readily adjusted to any height on the standard, extended to reach middle of bed or tilted either way to any angle. Neat folding book holders are attached to both sides of leaf, thus permitting it to be used as a reading table. It is universally endorsed and highly recommended by the Medical Profession.

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ABLE IN  
THE SICK  
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Specialties.

# Superfluous Hair, Moles, Warts, Birth Marks,



and all facial blemishes  
permanently removed by **ELECTROLYSIS.**

We guarantee perfect satisfaction in every case.

For cleansing, beautifying and softening the skin, try our

## ***SULTANA COMPLEXION CREAM.***

It imparts to the skin the clear healthy glow of youth, while it is impossible to detect its presence even upon the closest inspection. For Eczema, Acne, Tan, Pimples, Freckles, Liver Spots or any unnatural redness, it has no equal. Price: 75 cts. for large bottle. Our

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is an exquisite skin and complexion preservative of surpassing luxury. It quickly eradicates wrinkles and crow's feet and imparts a skin of child-like purity. The skin has millions of pores, like so many little mouths. This Skin Food is as near like the natural secretions of the skin as science can make it, and supplies the demand which nature is unable to, as the waste is greater than the supply. In its use you feed the hungry and wasted tissues of the face, the same as any healthy food nourishes the tissues of the body when taken into the stomach and digested. For developing the bust it has no equal. Price: \$1.50 for large pot.

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Renders the hair glossy and beautiful.  
Send for testimonials.

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Cleans and renovates Carpets and Rugs on the floor, and all Upholstered  
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Requires no rocking. A touch—a stir of baby—keeps it in quiet motion. See the Spiral Springs! There's the secret. Baby can sleep, play and jump in it with absolute safety.

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realizes that abundant hair of rich, youthful color always completes her attractiveness. The hair may be golden, black or brown, but when it becomes gray or faded, there is the appearance of age, though she may be as young as ever. My famous



## HERBAL TREATMENT

has been a blessing to hundreds of Canada's most prominent citizens who now have fine heads of hair. Positively removes Dandruff and stops the hair from falling and breaking. Ladies can obtain a luxuriant new growth in three months. Gentlemen, after years of baldness, may be positively cured. Children's hair specially attended to.

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**\$10.00 to \$100.**



Infants' first Short Clothes.

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worn around the neck helps wonderfully. It soothes and quietens and has a beneficial effect on the whole system. Be sure and get DORENWEND'S, put up in a little pink box. PRICE FIFTY CENTS.

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ABDOMINAL SUPPORTERS and bandages for stout persons, or for women to use during pregnancy. All styles and at all prices.

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“I always dread the ironing days.”  
A tired woman said;  
“And if I don’t soon get relief  
I’m sure that I’ll be dead.”

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Two little girls were puzzled one day  
To know what they would do  
To iron Dolly’s dresses out,  
So that they’d look like new.

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Mamma, however, surprised them;  
She’d been the day before  
And bought a “Perfection” Gas Iron,  
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The little “Tots” were delighted.  
“It’s just the thing,” said they;  
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To iron with it all day.”

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No more sweltering over stoves;  
The old way’s a thing of the past,  
So simple a child can use it,  
Relief has come at last.



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*A Perfect Food and Tonic Combined, and the Proper Cure for General Unthriftiness and Plant Lice Pest.*

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Darjeeling Orange Pekoe, - - -	Per lb.	80c.
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"Dhal," imported from India, makes a delicious soup. Try it. 10 cents per pound.

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that appear on the skin are best removed by two or three applications daily of  
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The discolorations flake off like fine dandruff, while the Blackheads and Flesh Worms disappear.

Pimples require internal medicine to correct the acidity of the Stomach and regulate the action of the Liver and Kidneys.

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taken in doses of one teaspoonful each day, will be found especially valuable.

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32 to 40, bust measure.

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is essentially a family affair—as much in requisition for the mother, wife and daughter, as it is for the men in the household. The **WHITELY** affords the stimulating physical recreation which every woman needs. Physicians recommend it for nervousness, insomnia,

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### Infants' Food or Drink.

To prevent the *food of Infants turning sour* in the stomach, and to *regulate the bowels*.

Full particulars and directions on each bottle.

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***Insist on having The Lyman Bros., Limited, Preparations, and no other.***

# ***Important***

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***A safe and simple remedy for Dyspepsia  
that never fails to promptly relieve.***

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**Grown People** troubled with Indigestion, Dyspepsia, Sour Stomach, Heartburn, Water Brash, Belching of Wind, Colic-pain, etc., will find that from one to two tablespoonfuls of

**Dr. Hammond-Hall's**

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will act like a charm in overcoming these distressing symptoms. Its action being antacid, corrective, and carminative, no more prompt or efficient treatment can be found. In this respect it is just as good for the

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No offensive smells can exist one minute. No Germs of Disease can live. The air is made pure and healthy and Children and Sick Patients progress more rapidly under the more pure sanitary conditions produced by the use of

## Spooner's "Phenyle" Germicide-Disinfectant.

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Prevents Contagious Disease, Typhoid Fever, Small-pox, Diphtheria, Cholera, La Grippe, Scarlet Fever, Malaria, &c.

### A HOUSEHOLD NECESSITY.

It's more intelligent to Prevent Diseases and Epidemics with SPOONER'S "PHENYLE" than to carelessly breed them and try to cure them with medicine.

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Enquire at the Drug Stores for this only. Remember other things are not as good. Full directions with every package. No end to its uses.

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LYMAN BROS & Co., Toronto, Wholesale.

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### **Adams' Beer.**

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DELICIOUS TEMPERANCE  
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
Sold from the Atlantic to the  
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10-cent Bottle makes 2 Gals.  
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### **MADDEN Cereal Food Coffee.**

Have you ever tried it? If not,  
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that you get MADDEN'S.

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## **COMMON SENSE EXTERMINATOR,**

**For Roaches, Bed-bugs and Moths,  
For Rats and Mice.**

The only reliable remedy known for the extermination of these  
troublesome pests, destroys both flesh and bone and leaves no  
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recommended by sanitary experts. (See American Journal of  
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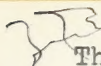
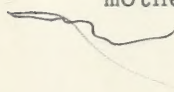
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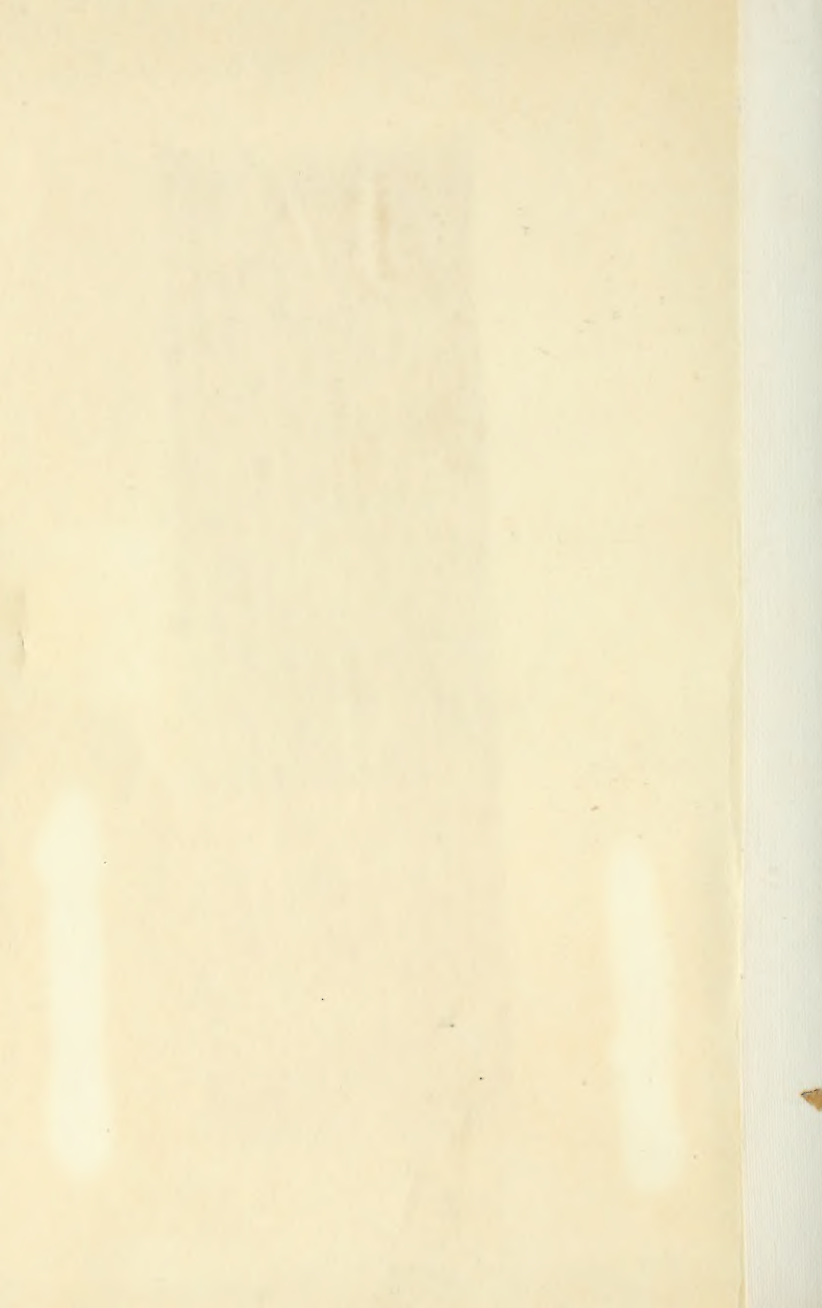
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